PARLIAMENTARY SEAL LUNCH DRAWS FIRE, PG6

Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting
21+ years experience
Voted #1 Paralegal
Why pay more?

The world's largest global newspaper
metro
CALGARY • THURSD 2010
metronews.ca

North Hill Mazda
Mazda 3
60 months, 0% financing
and 90 days no payments
www.northhillmazda.com
See dealership for details

Activist delivers fowl photos to premier

DUCKS Greenpeace activist Mike Hudema marched up the steps of the Alberta legislature yesterday to present Premier Ed Stelmach with pictures of ducks killed in an oilsands tailings pond.

One of the premier's aides met the activist just inside the front door of the legislature and took the photos, promising to forward them to the premier.

Stelmach raised a few eyebrows when he told reporters earlier in the week that he hadn't seen recently released photos of the 1,600 ducks that died in April 2008.

The premier later recanted and said he'd seen photos of the ducks that landed in a Syncrude tailings pond close to the time of the incident, which led to charges against the oilsands company.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Style pg 21

March break must-haves

On the web
Visit metronews.ca for news updates

Brier **Win**

ANDREW VAUGHAN/THE CANADIAN PRESS

Alberta skip Kevin Koe releases a rock against Quebec at the Tim Hortons Brier in Halifax yesterday. Alberta won 7-6. Story, page 14.

Full ACH report to be made public: Minister

Details of medical errors at hospital coming within 10 days

DARREN KRAUSE
darren.krause@metronews.ca

Details in a 58-page report on four mishaps at the Alberta Children's Hospital will be released within 10 days, according to the province's health minister.

The initial two-page summary of the 2009 incidents, delivered Tuesday in a joint press conference between the ACH and the investigating Health Quality Council of Alberta (HQCA), was short on significant detail, raising concern over hospital transparency.

Alberta Health Minister Gene Zwozdesky told Metro last night that careful consideration over patient privacy and evidentiary rules was needed to ensure release of the information wasn't violating the acts governing the investigation.

"(The HQCA) assured me that their report, which I have not seen ... has been written in such a fashion that, in their opinion, it does not violate either of the two acts, nor does it compromise the confidentiality of the people involved," said Zwozdesky.

The report contains details surrounding four patient-care mistakes in the same nursing unit within 10 days at the hospital, including two non-lethal drug overdoses. A failure to follow through with previous recommendations and poor communication and improper equipment use were cited as the reasons behind the mishaps.

Alberta Health Services and the ACH interim vice-president said the entire report wasn't being made available, citing privacy reasons to protect healthcare staff and patient information.

Zwozdesky said it's important for the province's hospitals to be transparent when mistakes are made, preventing controversy or concern over hospitals not being accountable for errors made in their facilities.

"One of the things we need to assure Albertans is that trust in health care has always been there and will continue to be there, and we're going to step up our efforts to be even more open, honest and transparent, within the parameters of the privacy act."

Watcheston gives grisly account of murder

TESTIMONY A man who admits to raping and beating a woman near a Calgary light-rail transit station has testified he was so drunk and stoned he thought the victim was his dead mother.

Christopher Watcheston testified yesterday in his own defence at his trial for first-degree murder in the death of Arcelie Laoagan.

The 24-year-old man has admitted to stalking, sexually assaulting and fatally beating the mother of five in January 2008, but has pleaded not guilty.

Watcheston told court he had consumed up to two-dozen beers and had smoked a hallucinogenic plant called salvia at the time of the attack.

He said Laoagan screamed, "Don't rape me, don't rape me" before he assaulted the 41-year-old woman and kicked her three or four times in the hope she wouldn't remember what happened to her.

Pathologist Dr. Graeme Dowling has previously testified Laoagan suffered severe enough wounds to her head that it prevented her brain from functioning.

Earlier this week, court saw video surveillance evidence from the LRT station, which is said to have shown the accused stalking Laoagan prior to her murder.

THE CANADIAN PRESS

Follow Metro on Twitter for news updates and more: @metrocalgary

CANADA OLYMPIC PARK
earlyearly bird SALE
CANADA OLYMPIC PARK
winSPORT CANADA
PURCHASE YOUR 2010/11 WINTER SEASON PASS NOW AND SAVE!
www.winsportcanada.ca | 403.247.5452
winterALPINE
Family $859
Adult (18-64) $ 319
Student/Youth (13-24) $269
Junior (5-12) $ 219
Senior (65+) $ 219
CROSS-COUNTRY
Starting from $ 79

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

YOUR CHOICE!!!

P91121

2009 PONTIAC G3 WAVE

$9,995

BRAND NEW

ONLY 2 OF EACH REMAINING!

C91143

2009 CHEVROLET AVEO

---

09 CHEV HHR SS

$23,998

LAST ONE!

C90810

09 PONTIAC VIBE

$18,935

2 REMAIN

P90632

09 PONTIAC G5 GT

$16,495

LAST ONE!

P90852

BRAND NEW 2010 GMC ACADIA

P100203

CHOICE OF 3

$36,995

CMP Sale Price: $37,995
GM Loyalty Rebate: $1000

BRAND NEW 2010 GMC SIERRA 1500

P100335

3 AT THIS PRICE!

$18,995

CMP Sale Price: $19,995
GM Loyalty Rebate: $1000

BRAND NEW 2010 GMC CANYON

P100236

6 AT THIS PRICE!

$16,698

CMP Sale Price: $17,698
GM Loyalty Rebate: $1000

BRAND NEW 2010 CHEVROLET TRAVERSE

P100109

CHOICE OF 3

$32,305

CMP Sale Price: $33,305
GM Loyalty Rebate: $1000

CREDIT PROBLEMS?

We can help you rebuild your credit and driving the car you deserve.

Apply now at www.calgaryautofinancing.com or call Paul Parr at 403-569-5417

FREE TICKETS TO THE CALGARY AUTO SHOW
WHEN YOU TEST DRIVE ANY NEW OR USED VEHICLE AT CMP
Limit 2 tickets per customer

CMP'S POTHOLE CREW

Will Visually Inspect Your:
- Alignment W/ Printout
- Front End Components
- Undercarriage
- Tires

FOR ONLY 49.95

GM Canada Goodwrench Service
MAINTENANCE
$750

Get a prepaid $750 GM Goodwrench card on eligible 2009 and 2010 vehicles

Prices do not include documentation fee of $399, air tax of $100 and tire tax of $20, GST not included. Customer must qualify for loyalty rebate. Errors and omissions exempt.

CMP GM
CHEVROLET PONTIAC BUICK GMC Cadillac

403-539-6004
cmpauto.com

MDA Dealer of Excellence 2009

Consumers' Choice Award 2010 for Business Excellence

CHEVROLET PONTIAC BUICK GMC Cadillac CMP GM

CORNER OF 16TH AVE & 36 ST. N.E.

MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

AMVIC LICENSED

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE SCANLIFE APPLICATION** WITH YOUR SMARTPHONE AT **2DSCAN.COM**

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO **SCAN 2D BARCODES** IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT **M.METRONEWS.CA**

Local

Black Eyed Peas coming to town

Musical group the Black Eyed Peas have announced Calgary as one of their tour stops this summer. It was announced yesterday the group would finish the North American tour in Calgary on Aug. 22 and Edmonton on Aug. 23. Ticket information has not yet been released.

METRO CALGARY

News in brief

DIRTY DRY CLEANING? The City of Calgary received a mention in the Canadian Taxpayer Federation's tongue-in-cheek Teddy Waste Awards, recognizing the best and worst of government waste. Calgary was a municipal nominee for its $6,700 expense to taxpayers for dry-cleaning bills in 2008-09.

METRO CALGARY

Following news stories on Twitter...

CalgaryTweets

@taudette I think I'm catching on... Darshan Kang plans to irritate Luke Ouellette into a building an airport tunnel for #yyc. #ABLeg

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

metronews.ca
What's online today.

Blogs SpinDoctor wonders about a federal budget speech that could be confused for a stump speech

Lotteries

Lotto 6/49: 8, 12, 28, 30, 38 & 48 Bonus 2
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Keep your eyes on the road, cop tells drivers

APRIL STUART
for Metro Calgary

Driving distractions — like using cellphones, reading a novel, or shaving — one city traffic cop has seen it all.

There were 39,762 collision in Calgary in 2009, up from 39,542 in 2008, according to the Calgary Police Service Traffic Division, and avoiding these unfortunate traffic events is simple, says Traffic Education Const. Jim Lebedeff.

"We live in such a busy society this day and age, a lot of peoples' vehicles are their offices now, so they're texting, they've got laptops, they've got GPS, they've got their BlackBerrys, they are making their appointments on the way to the office," said Lebedeff.

Lebedeff says adequate preparation for driving conditions and pulling over to use cellphones are easy fender-bender fixes.

Driving needs full attention at all times, he said, kids can dart out from parked cars, traffic can be coming to a stand still in an instant while checking an email, all this can be avoided just by paying attention.

"People are multitasking in their vehicles and they shouldn't be," said Lebedeff.

Alberta is looking at bringing in a distracted-driving law instead of only a law surrounding cellphone usage while driving, said Lebedeff.

"I believe they said they were going to bump it up to the spring time," said Lebedeff.

METRO CALGARY FILE PHOTO

Calgary police reported nearly 40,000 collisions in 2009, and one of the city's finest in traffic education said countless wrecks could be avoided with a few simple tips.

Council votes to set city's information free

KRISTA SYLVESTER
krista.sylvester@metronews.ca

TECHNOLOGY Open source data provided by the city could soon be coming to an iPhone application near you after committee approved access to city data and services yesterday.

While Ward 11 Ald. Brian Pincott said the open data plan still has to be approved by council, he expects open access to data to be in place by the summer in Calgary, paving the way for future mobile phone technologies.

"IPhone applications are just blossoming out there, and I see the potential for Calgarians to have a completely different relationship with the city and how they use the city," Pincott said.

Pincott said he hopes to see applications where users can use the data to customize bike routes, track the closest coffee shops to dog parks and plan their recreation activities all by phone.

"There is no question people will start seeing these applications," Pincott added.

Follow Metro on Twitter for news updates and more: @metrocalgary

CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

BENN, Georges L.J.
BOLSTAD, Lyle Norman
BOUGHTON, Charles Albert
CHANCE, Frohlic
CLIVE, Oglestone
CRANDALL, William James
CROSBIE, Hugh William
CUNNINGHAM, Norma June (nee Woolston)
DORAIS, Alfred
FEA, Frederick Robert (Bert)
GIBSON, Verna Myrtle (nee Titus)
HAMILTON, Nancy Jean
HEISLER, Donald (Don) John
HNATIW, Dmytro
HUTCHINGS, Stella (nee Coslik)
JOHNSON, Lloyd Eric
JORDAN, Mary (Stella)
MCKAY, Neil Ross
MCKINNA , David (Dave) John
MCLAUGHLIN, William Wayne
MCMILLAN , Heather Louise
MCMILLIN, Arthur John
MOFFAT, Thomas David
MYRNA, Meville
OWCHAR, Walter Lodge
PIDGEON, Marian Evelyn
QUEITSCH, Horst
SCHULTE, Dr. Francis George
SIMMONDS, Germaine Elizabeth (Guilbault)
TAYLOR, Mae Rosalind (Lynn)
TESTIN, Marie Ann (nee Hutter)

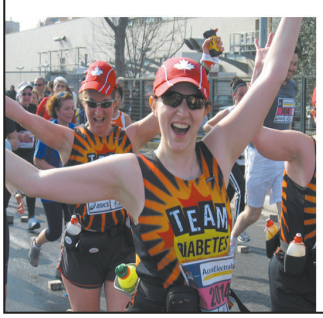
For full obituaries go to CalgaryObits.com

Make a change in your life and the lives of people living with diabetes.

WALK OR RUN with TEAM DIABETES

TEAM DIABETES CANADA

Canadian Diabetes Association



Walk or run at various exciting Canadian and international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Celebrate our 10th Anniversary at the Calgary Marathon. Travel with us to Dublin, Ireland or the Grand Canyon, Arizona.

Reserve your spot! Contact Kristin at 403-266-0620 or kristin.andreas@diabetes.ca today!

sanofi aventis

metro

City to unveil newly renovated LRT station
Refurbished and soon to be officially open; on Friday the city is showing off the newly renovated 3 Street and 7 Avenue SW LRT station. Site contractor PCL Construction Management will be on hand between 7 a.m. to 9 a.m. passing out giveaways to Calgary Transit customers in celebration. METRO CALGARY

Bridge set for Glenmore Trail

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Glenmore Trail should be free-flowing by the end of the year with the help of a temporary bridge, according to a city alderman.

Ward 11 Ald. Brian Pincott said he expects construction on the approximately $40-million quick fix to begin in spring and be done by fall, putting a temporary bridge at 37 Street and Glenmore Trail SW until work on an interchange can begin in 2011.

"This is really important and will really help ease traffic on Glenmore until the interchange can be built, which is the ultimate goal," Pincott said, adding it will ease the flow of traffic by eliminating the need for a stop light.

Pincott acknowledged the temporary bridge isn't going to help Lakeview residents in the short term as much as the long term when the actual interchange is completed, but he was impressed with the quick turnaround of the project.

"We just approved this last July and now, less than 10 months later, it's getting started," Pincott added. "That's great, it's been really fast moving and motorists will be very happy with that."

"This is really important and will really help ease traffic on Glenmore until the interchange can be built, which is the ultimate goal." Ward 11 Ald. Brian Pincott

Jennifer De Vries, spokesperson for transportation infrastructure, said there will be some road disruptions during the construction period, but it would be during "non-peak hours" like midday, evenings and weekends. De Vries encourages area residents to attend an open house about the project on March 23 between 5:30 p.m. and 8 p.m. at Bethany Chapel on Richardson Way SW.

Council approved funding for the future interchange as a last year when the ring road deal with the Tsuu T'ina nation fell through as a "Plan-B."

Calgary students get lowdown on safety

IMAN BUKHARI
for Metro Calgary

IMAN BUKHARI / FOR METRO CALGARY

Students from several Calgary schools took part in the city's annual Safety Expo yesterday at the Municipal building.

EXPO Calgary hosted its seventh annual Safety Expo yesterday morning at the Municipal Building downtown, where 3,200 Grade 4 to 7 students attended.

Pre-registered students from Calgary's Catholic, public, private and charter schools participated in 37 colourful and interactive displays, a variety of protective services vehicles, workshops, "Education Corner" presentations, and hands-on learning opportunities.

Ald. Diane Colley-Urquhart, honorary chair member of the Safety Expo, was glad to see children eager to learn about injury and accident prevention.

"We want kids to think and minimize their risk, so they can be safe at home as well as when they play," she said.

Colley-Urquhart said she hopes the students go home and teach their parents what they have learned.

"The main thing is we're attracting Grade 4 to 7 students who're like little sponges that absorb and interact with each other."

Ten-year-old Christian Arias was happy he attended the event and learned a lot about safety.

"Safety is not always as simple as everyone thinks, its more complicated," said Arias.

"I'm glad I went today, I learned a lot."

Bill Bruce, director of Animal and Bylaw Services, was happy the students were so engaged.

"This gives kids all the tools they'll need to make good decisions about safety," said Bruce.

There will be another Safety Expo event today at 10:30 a.m. at the Municipal Building.

Bachelorette guest stars on home show

KRISTA SYLVESTER
krista.sylvester@metronews.ca

PHOTO COURTESY OF CITY TV

Albertan Jillian Harris made a guest interior design appearance in Sunday's episode of Extreme Makeover: Home Edition on Citytv.

TELEVISION She brought a little bit of Alberta all the way to Oklahoma as Jillian Harris traded Bachelorette roses for a hammer and nails as a guest on Extreme Makeover: Home Edition.

The Alberta-born Harris spoke with Metro about her experience as a celebrity guest on the show set to air Sunday on Citytv, where she helped design a room for a young girl in a family with a child who survived a heart transplant.

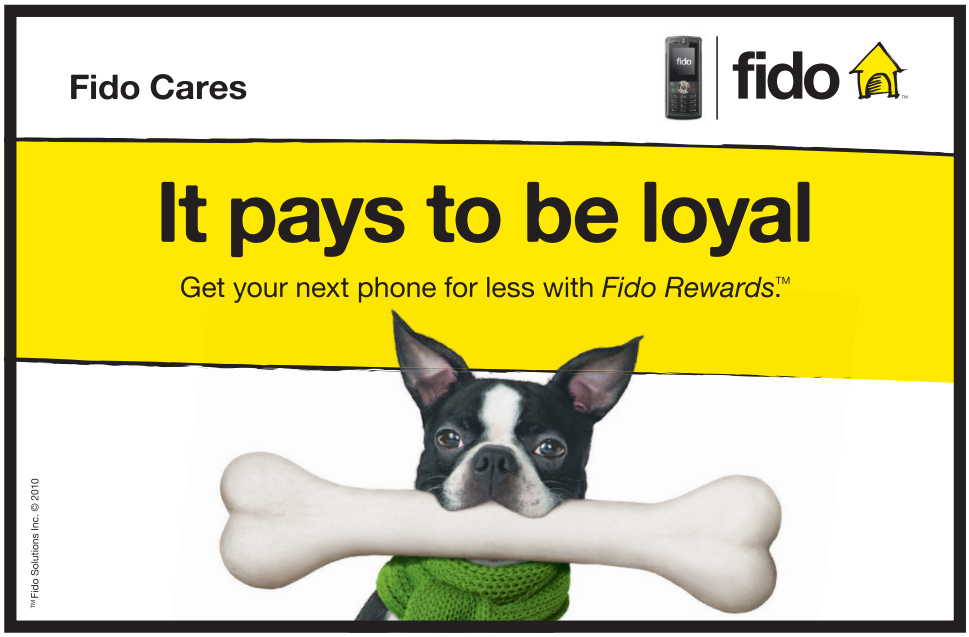
"I am so excited to cuddle up by the TV with my future husband, maybe make some pizza and watch the show," Harris said.

Comparing the reality show experiences, Harris said she was happy to be part of something that wasn't about her but was about something bigger.

"It's very gratifying to be able to give back and sometimes you don't realize how lucky you are to have your family, your health and home. It was very touching."

Harris said she can't wait to come back to Alberta with her new man, who she met on the Bachelorette.

"I'm excited for the Stampede and I'm bringing Ed with me this time," she added



News in brief

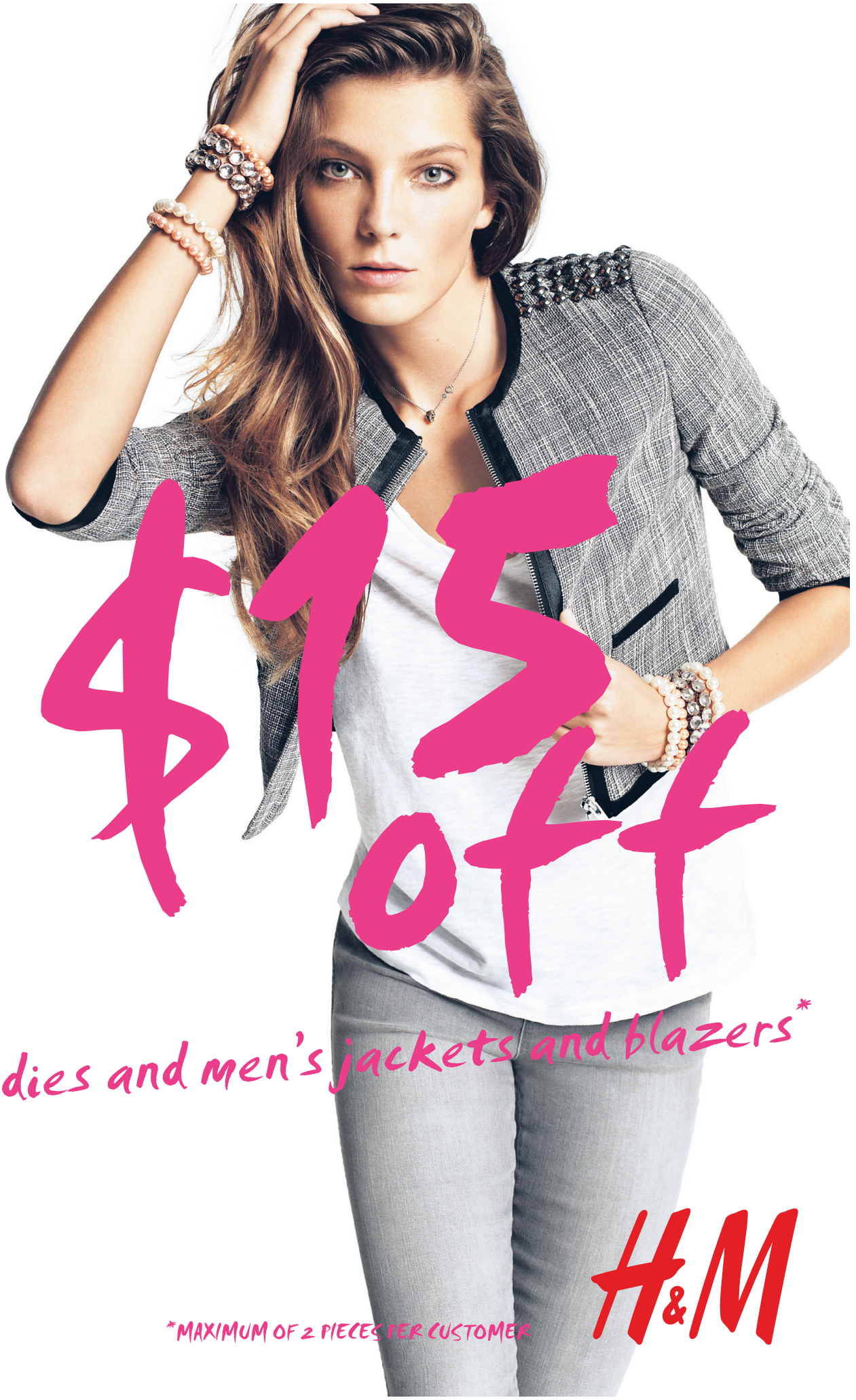
CAUSE OF FIRE An unattended candle ignited a fire in the 100 block of Canterville Rd. SW on March 2, according to fire officials. Officials believe the fire was accidental in nature, causing $650,000 in structure damage and an estimated $140,000 in loss of contents. Nobody was home at the time of the fire.

PROGRAM A New Hockey Alberta Respect in Sport Parents program was announced yesterday in Edmonton and is designed to remind parents it's "just a game," according to officials. Former NHL player Sheldon Kennedy helped launch the program that costs $12 per family and is available online at www.hockeyalberta.ca

METRO CALGARY

COURT A trial in Calgary has heard that several hours passed between the time a toddler consumed a fatal dose of methadone and when paramedics were called to help her. Jonathon Hope and Lisa Guerin are charged with manslaughter in the death of Summer Hope, the 16-month-old girl who was found dead in her home in April 2006. Amanda MacDonald testified she was in the residence when Summer drank the methadone, which her father was taking to treat a drug addiction. MacDonald says Guerin acknowledged the girl must have drank the methadone after noticing an orange stain on the child's clothing, but the couple argued over how she got hold of it.

THE CANADIAN PRESS


$15 off
all ladies and men's jackets and blazers*
*MAXIMUM OF 2 PIECES PER CUSTOMER
H&M

Samsung first to sell 3D-TV units in Canada

The 3D-TV war is officially on in Canada. Samsung is the first out of the gate to announce its plans to launch the new technology in Canada and will have 3D TVs on the market by the end of the month. Samsung will initially sell five different models priced between $2,499 and $3,999. THE CANADIAN PRESS

Canada

Feds billed $1,000 for light switch

Federal contract workers charged the government $5,266 to install six potlights and $1,000 to replace a light switch. Details of other incredibly costly charges were splashed across two pages in Montreal's La Presse yesterday. Current Public Works Minister Rona Ambrose, left, says the expenses were over the top, and she wants the contracts reviewed. THE CANADIAN PRESS

35 charged in child porn bust

CHARGES A co-ordinated investigation into child pornography in Ontario resulted in charges against 35 people, police announced yesterday.

Two child victims, one in the province, the other outside Canada, were "rescued," police said, although they refused to provide details.

"This is a crime that, to me, is one of the most heinous one human being can commit against another," said Ontario Police Commissioner Julian Fantino.

The charges follow weeks of legwork involving 18 police services that are part of a provincewide initiative to combat child pornography.

In all, 44 search warrants were executed, leading to 122 child-porn and other charges. Police said the individuals charged were not part of any ring.

THE CANADIAN PRESS

Disabled Canadian beaten in Australia

SYDNEY Shellan Proden was struggling yesterday to comprehend why someone would attack her son in a wheelchair and beat him for several minutes in an assault captured by a surveillance camera halfway around the world.

"I can't believe a human being would do that to someone else," Proden said from her home in Winnipeg Beach, 60 kilometres north of Winnipeg.

Proden's 35-year-old son, whom she doesn't want identified, was visiting his girlfriend in Sydney, Australia. He was waiting for a train late Tuesday night, according to police, when two men punched him in the face and knocked him from his wheelchair.

THE CANADIAN PRESS

Seal meal draws protests

TRACEY TONG
Metro Canada

Canada's parliamentarians were united yesterday over a bit of furry sea mammal, a gathering that drew strong rebuke from animal rights activists.

MPs and senators of all stripes broke bread yesterday at a special luncheon on Parliament Hill, united by a menu that featured seal meat.

It's the first time seal has been served in the 100-year history of the parliamentary restaurant.

The event was staged by Liberal Senator Celine Hervieux-Payette to show support for Canada's beleaguered seal industry, which is facing a European ban.

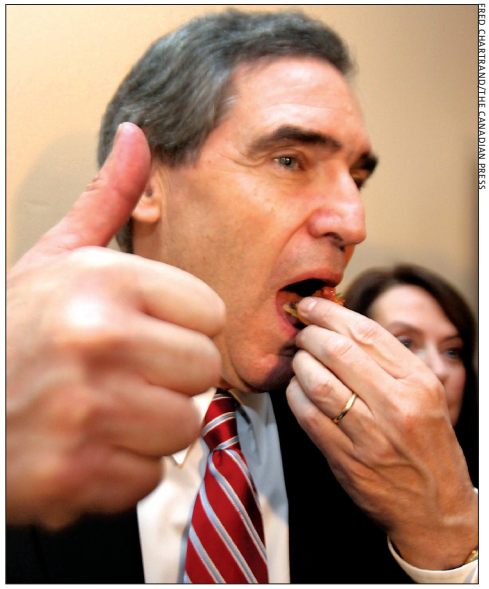
Fisheries Minister Gail Shea and Liberal Leader Michael Ignatieff were among MPs from all four parties who attended.

Outside Parliament Hill, activists, including members of the Ottawa Animal Defense League, protested Canada's seal hunt.

"We're here to represent the majority of Canadians who want to see the seal hunt ended, and who want to point out what this luncheon really is, which is a political stunt to try to raise the profile of certain politicians and try to get votes from Atlantic Canada in the next election," said Sheryl Fink of International Fund for Animal Welfare. She added: "I do think sealers would be better served by a government that would help (them) transition into other forms of employment and income."

Fink, who has attended seal hunts as an observer, said there are "a lot of examples of cruelty that cannot be prevented in such a large-scale competitive commercial hunt."

WITH FILES FROM THE CANADIAN PRESS



FRED CHATRAND/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff gives the thumbs up as he eats a seal-meat appetizer at an event marking the first time seal meat was served in the Parliamentary restaurant in Ottawa yesterday.

m.metronews.ca

SCANLIFE

"The evidence just wasn't there": Police defend investigation of ex-MP Rahim Jaffer. Scan this code for the story.

And the Teddy Award goes to ... Canada's most wasteful

SPENDING The high-on-the-hog pensions enjoyed by MPs and their $10 million in household mailouts have been singled out for spoof awards from a taxpayers group.

The MPs have collectively been awarded golden pigs in the 12th annual Canadian Taxpayers Federation Teddy awards, taking both the federal and lifetime achievement categories. Nova Scotia MLAs took the provincial category for their scandal over expenses.

The City of Toronto earned the municipal award for a program which paid people to pose as homeless.

The annual awards, first handed out in 1999, poke fun at wasteful spending at all levels of the government. THE CANADIAN PRESS

The original Ted

- The awards — pig figurines spray-painted gold — are named after Ted Weatherill, a former federal bureaucrat who was fired in 1999 over his excessive expense claims.

News in brief

SECURITY A U.S. firm whose ranks boast top Israeli and American security experts has won a $240,000-contract to design the new Canadian air passenger behaviour screening program. ASERO Worldwide, based in Washington, D.C., will train Canadian airport employees in the art of sussing out the suspicious behaviours of would-be terrorists or criminals. TORSTAR NEWS SERVICE

SI&T infosystems
A System Integration & Technology Company
#1 Choice for SAP Education
Calgary's 1st SAP Education Center

- SAP for OIL & GAS: 1st Batch, March 27th, 2010
- SAP FI/CO: 1st Batch, March 20th, 2010
- SAP HCM, MM, SRM, Retail: 1st Batch, March 27th, 2010
- SAP CRM, SD, BASIS, ABAP: 1st Batch, March 27th, 2010

Avail Discount Offer: First 12 Students for SAP Oil & Gas and SAP FI/CO will receive 10% Discount on Course Fee.

For Complete List of SAP Courses Offering – Please Visit www.sitinfosys.com OR Call for Details: 403.401.4125

DIPLOMA PROGRAMS

HEALTH CARE: Massage Therapy | Medical Office Administrator | Retail Pharmacy Technician | Medical Administrative Assistant

TECHNOLOGY: Network and Internet Security Specialist | Help Desk Support Analyst

BUSINESS & LEGAL: Paralegal | Business Administration E-Commerce Management | Accounting and Payroll Administrator | Professional Legal Assistant | Oil & Gas Administrative Assistant | Computer Graphic Design | Business Administration Management

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- High Graduate Employment Rates
- 10 Campuses in AB
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.
Pertains To A Reeves College Program
Pertains To A CDI College Program

REEVES COLLEGE Guiding Your Success
1-800-710-1448
WWW.LEARN.REEVESCOLLEGE.CA

CDI COLLEGE BUSINESS • TECHNOLOGY • HEALTH CARE
1-888-245-6827
WWW.CAL.CDICOLLEGE.CA

$5 off

all kids' jackets and blazers*

*MAXIMUM OF 2 PIECES PER CUSTOMER

H&M

ESTĒE LAUDER

your free 7-piece gift

Only at the Bay with any Estée Lauder purchase of $32 or more* – **worth over $90**

choose your lip & eye colours

The shades you love — warm or cool

+

choose your skincare

Soft Clean Cleanser and **Time Zone Line & Wrinkle Reducing Creme** OR **Perfectly Clean Cleanser** and **NEW! Hydrationist Maximum Moisture Creme**

more free gifts

Add 4 professional makeup brushes in a sleek travel caddy. FREE with any Estée Lauder purchase of $75 or more*

for your purchase, discover the latest:

NEW! Perfectionist [*CP+*] Targeted Deep Wrinkle Filler

This precision accurate, concentrated treatment fills, smoothes and helps reduce the look of even your deepest wrinkles on contact. In fact, 100% of women tested showed an instant reduction.** Use it with **Perfectionist [*CP+*] Wrinkle Lifting Serum** and see a dramatic 61% improvement in the look of wrinkles in just 4 weeks.

NEW Perfectionist [*CP+*] Targeted Deep Wrinkle Filler, 15 mL, $45.
Perfectionist [*CP+*] Wrinkle Lifting Serum, 30 mL, $72.50; 50 mL, $100.

***Moderate to deep crow's feet, lip lines and frown lines.*

thebay.com

the Bay

*Offer good while supplies last. Quantities are limited. One gift to a customer please. Before taxes. Offer ends March 21, 2010. Values are based on our per mL and/or g price for regular-sized products.

.com, .ca, .net, .org, what about .xxx?
A global Internet oversight agency is reopening discussions about whether to create a ".xxx" domain name as an online red-light district where porn sites can set up shop away from the wandering eyes of children and teenagers. THE ASSOCIATED PRESS

World

Biden rebukes Israel

U.S. Vice-President Joe Biden's displeasure over an Israeli plan to enlarge an east Jerusalem settlement was on display yesterday as he warned against actions that "inflame tensions" and reassured his Palestinian hosts that they deserve a sustainable, independent state.
THE ASSOCIATED PRESS

'Jihad Jane' indicted

The self-described "Jihad Jane" who thought her blond hair and blue eyes would let her blend in as she sought to kill an artist in Sweden is a rare case of an American woman aiding foreign terrorists and shows the evolution of the global threat, authorities say.

The suburban Philadelphia woman, Colleen R. LaRose, is accused in the indictment filed Tuesday of actively recruiting fighters, as well as agreeing to murder the artist, marry a terrorism suspect so he could move to Europe and martyr herself if necessary.

LaRose is "one of only a few such cases nationwide in which females have been charged with terrorism violations," said U.S. Department of Justice spokesman Dean Boyd.

LaRose

LaRose, 46, of Pennsburg, Pa., but with close ties to south Texas, has been held without bail since her Oct. 15 arrest in Philadelphia.

LaRose had targeted Swedish artist Lars Vilks and had online discussions about her plans with at least one of several suspects apprehended over that plot Tuesday in Ireland, according to a U.S. official speaking on condition of anonymity.

Irish police said yesterday those arrested were two Algerians, two Libyans, a Palestinian, a Croatian and an American woman married to one of the Algerian suspects.

A U.S. Department of Justice spokesman wouldn't confirm the case is related to Vilks, who angered Muslims by depicting the Prophet Muhammad with the body of a dog.

At least three Swedish newspapers published the cartoon yesterday, arguing that it had news value or was a free-speech symbol.

The indictment charges that LaRose, who also used the name Fatima LaRose as her online moniker, agreed to kill the target on orders from the unnamed terrorists she met online, and travelled to Europe in August to do so.

LaRose indicated in her online conversations that she thought her blond hair and blue eyes would help her move freely in Sweden to carry out the attack, the indictment said.
THE ASSOCIATED PRESS

Spain **Free at last**

MANU FERNANDEZ/THE ASSOCIATED PRESS

Alicia Gamez, 35, a Spanish aid worker, gestures after arriving at the airport in Prat Llobregat, Spain, yesterday. Gamez, who was kidnapped last year in Mauritania by suspected Islamic militants was freed yesterday, but two colleagues remained in captivity.

Sex cliché rings true: Researchers

RESEARCH Men are more likely than women to be interested in sex, have sex and enjoy sex, according to new scientific research, which also found people who stay active and healthy enjoy longer sex lives.

Research by University of Chicago published yesterday in the British Medical Journal found that, across all age groups, men were more interested in sex than women. "Overall, men were more likely than women to be sexually active," the researchers found. THE ASSOCIATED PRESS

m.metronews.ca
ScanLife
Alleged domestic abuse? Tickle fights?! What's the deal with New York politics? Scan this code for the story.

Conference to turn plans into action to save forests

French President Nicolas Sarkozy will open a daylong conference today of some 40 nations to start turning plans into action to save the world's forests and help rein in the noxious gases blamed for climate change. THE ASSOCIATED PRESS

Scandals stir fear of major crisis for papacy

Church abuse scandals in Germany have reached the older brother of Pope Benedict XVI and are creeping ever closer to the pontiff himself.

While there has been no suggestion of wrongdoing by Benedict, the launch of an inquiry by German Catholic officials after his brother admitted he slapped children years ago is stirring Vatican fears of a major crisis for the papacy.

Benedict, 82, was archbishop of Munich from 1977 to 1982 when he was brought to the Vatican to head the body responsible for investigating abuse cases. During that time, he came under criticism for decreeing that even the most serious abuse cases must first be investigated internally.

Since then, Benedict has taken a strong stand against abuse by clerics in the Roman Catholic Church.

Just weeks before he became pope, Cardinal Joseph Ratzinger caused a stir when he denounced "filth" in the church — a condemnation taken as a reference to clerical sex abuse. German church officials said yesterday they will examine what — if anything — Benedict knew about abuse during his time as Munich archbishop. The Regensburg diocese told The Associated Press it will investigate allegations of physical and sexual abuse that have swirled around a choir led by the Benedict's brother, the Rev. Georg Ratzinger.

So far, the sex abuse allegations predate Georg Ratzinger's term as choir director. THE ASSOCIATED PRESS

fido
Giving low prices a good home.

SAVE MORE THAN MONEY

25% RECYCLED PLASTIC*

From $0

*Housing of both phones is made from 25% post-consumer recycled plastic.

$0 with 2-year Fido Agreement

$15 with 2-year Fido Agreement

EXCLUSIVE TO FIDO

Talk & Text from $15 per month[1]

› Unlimited incoming text
› No System Access Fees
› Per-second billing

Start saving now! On fido.ca, in store or 1-866-301-3436

Offers subject to change without notice. **1.** A one-time Activation Fee of $35 per line applies. Additional airtime, long-distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. Each plan includes a number of text messages sent from Canada to a Canadian wireless number; text messages received from another mobile phone are free. Charges apply for premium text messages (alerts, messages related to content, contests and promotions). Phone price shown valid with new activation on a Fido Agreement, early cancellation fees apply. ™Fido & design and *Giving low prices a good home* are trademarks of Fido Solutions Inc. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions Inc.

FIDO STORES
Market Mall
Marlborough Mall
Chinook Centre
Southcentre Mall
Cross Iron Mills
Sunridge Mall

EXCLUSIVE DEALERS
CELLULAR BABY
Market Mall
Westbrook Mall
GENERATION WIRELESS
Deerfoot Outlet Mall

FUTURE SHOP booth the telephone booth BEST BUY WIRELESSWAVE
WIRELESS etc... COSTCO WHOLESALE LONDON DRUGS Walmart

Nearly half of babies in U.S. born to minorities

NUMBERS Minorities make up nearly half the children born in the United States, part of a historic trend in which minorities are expected to become the U.S. majority over the next 40 years.

In fact, demographers say this year could be the "tipping point" when the number of babies born to minorities outnumbers that of babies born to whites.

"For America's children, the future is now." Kenneth Johnson, sociology professor

The numbers are growing because immigration to the U.S. has boosted the number of Hispanic women in their prime childbearing years. Minorities made up 48 per cent of U.S. children born in 2008, the latest available census estimates, compared to 37 per cent in 1990.

"Census projections suggest America may become a minority-majority country by the middle of the century. For America's children, the future is now," said Kenneth Johnson, a sociology professor at the University of New Hampshire who researched many of the racial trends in a paper being released today. THE ASSOCIATED PRESS

Turkish officials lower quake death toll

TURKEY Turkish officials yesterday lowered the death toll in this week's magnitude-6.0 earthquake from 51 to 41.

A statement issued by the governor's office in the eastern province of Elazig said erroneous reporting was responsible for the earlier toll in Monday's temblor. THE ASSOCIATED PRESS

News in brief

SETTLEMENT Eleven adopted and foster children forced to sleep in cages by their adoptive parents have reached a $1.2-million settlement with the Ohio county where they once lived. Lawyers for the children contended that children's services should have discovered what was, before they did. THE ASSOCIATED PRESS

CALGARY
Publisher, Steve Shrout
Managing Editor, Darren Krause
Distribution Manager, Dave Mak

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

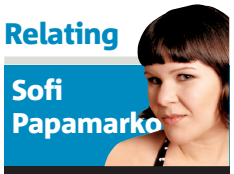
EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Be wary of overshare

Relating



Sofi Papamarko

metronews.ca/papamarko

What if I used this space to share something inappropriately personal?

I constantly guard against offering too much of myself in this column. I know the circulation numbers. I know the score. I know that you, the person holding this paper, are likely a stranger.

That said, I am tempted to overshare online, lulled into a false sense of security that, on Facebook and Twitter, I am "among friends."

My overshares are generally benign minutiae ("This egg salad sandwich is so awesome!"). But many who overshare do it without a filter.

Chances are you would never tell a stranger on the bus about a graphic medical condition or the details of your divorce. And, yet, these are all things that people have shared on Facebook, on message boards and on their blogs.

"Chances are you would never tell a stranger on the bus about a graphic medical condition."

What is it that compels us to overshare online?

"We are in an age where we repeatedly see the purported benefits of oversharing. I call it 'peep culture,'" says Hal Niedzviecki, author of the recently published book The Peep Diaries: How We're Learning To Love Watching Ourselves And Our Neighbors. These are the friends, family, and strangers we spend time looking at on Facebook, blogs, YouTube, Twitter, Flickr, reality TV, Chatroulette, etc. The more we see (oversharers) being rewarded with attention, extended networks, even money and celebrity, the more it becomes natural for us to overshare and see if we, too, can enjoy some of the benefits…"

Oversharing is a way to get attention, certainly (See: Tila Tequila). But what about those who use social media to rally support during a difficult time? And what if that information falls into less-than-kind hands?

"It's a dangerous thing to use your life and other people's lives as mass media entertainment," says Niedzviecki. "It becomes very easy to forget that these are real people with real lives ... what they say and do, and what you say and do in response, can really hurt them. We're extending a natural human tendency — to share, to reach out and connect with others — into a very unnatural space…"

Before broadcasting your life, consider the consequences of offering pieces of yourself to anyone who will listen.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

MICHAEL DE ADDER

We Know What You're Thinking

52% The number of Canadians who believe in out-of-body experiences.

IPSOS REID

See metronews.ca for Mona Eltahawy's Global View column – Good news, bad news – 15 years later

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Calgary 3030 – 3 Avenue NE, Suite 120, Calgary, AB T2A 6T7, Tel: 403-444-0136; Fax: 403-539-4940; Advertising: adinfocalgary@metronews.ca; calgary_distribution@metronews.ca; News: darren.krause@metronews.ca

Apartment Finder To advertise contact Warren Smith at 403-539-4948

9100 BONAVENTURE DR.
CALGARY, AB
403•774•7074
One Bedrooms from $899
Two Bedrooms from $1074
FREE MONTH'S RENT

- Located in the residential area of Acadia
- Short drive to downtown
- Family friendly low-rise with playground & beautiful courtyard
- Adult-only high-rise

CAP REIT
www.caprent.com

"I LOVE THIS PAPER"
Available on the App Store
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca

realstar management IT'S YOUR HOME – WHY LIVE ANYWHERE ELSE?

Calgary Place Apartments
1 & 2 Bedrooms
Gym and Games Room
Downtown Property
Utilities Included
1-877-570-7025

Royal View Apartments
Beltline Area
1 & 2 Bedrooms
Gym and Sundeck
Close to 17th Avenue
1-877-572-1835

Glenmore Heights
1 & 2 Bedrooms
Gym, Social Room and Library
Close to Chinook
Utilities Included
1-877-617-9803

Bank of Canada shuffles its staff

The Bank of Canada is continuing to make changes in its upper ranks. Canada's central bank said yesterday it is promoting Jean Boivin, 37, to deputy governor and looking for a replacement for Pierre Duguay. Boivin had served as special adviser to governor Mark Carney, while Duguay has been with the bank since 1973 and a deputy governor since 2000. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 97.48¢	US $4.559	US $82.09	11,961.06
US .05¢	US 4.3¢	US 60¢	42.35

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Jobless recovery?

Employment not expected to grow with economy

Canadian workers may pay the price for the relatively healthy job market during last year's recession.

Job creation normally goes hand in hand with economic growth — with a little lag — but few analysts expect a big jobs rebound after last quarter's sharp growth in the economy. A consensus of economists surveyed believe Friday's employment report from Statistics Canada will show a modest 15,500 jobs pickup for February, barely treading water with population growth.

That expected tepid employment growth comes after the five per cent annualized growth the economy posted in the last three months of 2009.

Some have called such lacklustre expectations indications of a jobless recovery, but Scotiabank's Derek Holt notes that it is also the flip-side of better-than-expected employment during the recession.

Holt says the relatively few job losses during the deep recession, combined with the fact Canada started adding jobs before most other countries, suggests gains will be more modest going forward.

Also adding to the dampening expectations is that governments are starting to shed public service jobs to rein in massive deficits, putting more onus on the still fragile private sector.

THE CANADIAN PRESS

Report

- A new report suggests that government infrastructure spending did generate a significant number of jobs last year. The Conference Board of Canada says federal and provincial stimulus on infrastructure preserved or created about 70,000 jobs in Ontario last year.

m.metronews.ca

ScanLife

Lessons learned from Wind's struggles, Quebecor won't rush entry to wireless market. Scan this code for the story.

Israel **Death sells**

ABEL SCHALTZ/THE ASSOCIATED PRESS

Israeli actors mimic scenes in the surveillance footage from the Hamas assassination in Dubai for a supermarket commercial in Petah Tikva, central Israel, yesterday. An Israeli supermarket commercial is looking to cash in on surveillance footage of an assassination team killing a Hamas commander in Dubai to promote the "shooting down" of prices.

Business in brief

LOONIE STRENGTH

Expectations of higher interest rates and investor demand for Canada will help drive the Canadian dollar past parity with the U.S. greenback by this summer, said investment bank CIBC World Markets in a report yesterday.

THE CANADIAN PRESS

Service Directory

To advertise contact Blaine Schlechter at 403-444-0136

FINANCIAL

65 Y+
GET FIT FOR ACTIVE LIVING!
Older adult volunteers (65 years+) are needed for an exercise research project being conducted by the Canadian Centre for Activity and Aging.
The Get Fit for Active Living project is a FREE 8-week program that will help older adults learn why they need to exercise, what exercises are best for older adults, and how they can make exercising fun, safe, and successful!
STARTING MARCH 24!
For more information, please contact Liza at
1-877-661-4074

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

PSYCHICS

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Come in today for a better tomorrow
Solve all Problems of Life

FINANCIAL

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

BROKERS NATIONAL
500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

WARNING
Read This Before Filing Your Personal or Corporate Taxes
FREE QUOTE WITHOUT OBLIGATION
COMPLETE PEACE OF MIND!
ACCURACY & TAX COMPLIANCE GUARANTEED!
PERSONAL, CORPORATE & US TAX
Phone 403-809-9562 NW Calgary
Phone 403-255-0222 SW Calgary

PSYCHICS

MR. SOURAJ MOHAM
Have you been looking for a solution to all your problems? It is not too late, contact Mr. Souraj Moham! The Great African Spiritual Healer, 9th Generation experience. Solve all your problems. Love, Business, remove evil spells, reuniting loved ones, family protection, prevent separation of couples, exam success, etc.
100% results in the time that you need it.
CALL 403-390-3320

STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

Career Finder

923560 Alberta Ltd operating as Tim Hortons
NOW HIRING!
2681 Sunridge Way NE & 2520 - 52nd St. NE
F/T Food Counter Attendants
Shift work is required.
F/T - $10.49/hr + benefits
Apply in person in store with resume or send by fax to (403) 274-3844

923560 Alberta Ltd operating as Tim Hortons
NOW HIRING!
2681 Sunridge Way NE & 2520 - 52nd St. NE
Food Services Supervisors
Shift work is required. At least one year of relevant industry experience is required. F/T - $13/hr + benefits
Apply in person in stores with cover letter and resume or send by fax to (403) 274-3844

1264290 Alberta Ltd operating as Tim Hortons
NOW HIRING!
#550, 1440 - 52nd St NE
Food Services Supervisor
Shift work is required. At least one year of relevant industry experience is required. F/T - $13/hr + benefits
Apply in person in stores with cover letter and resume or send by fax to (403) 274-3844

1264290 Alberta Ltd operating as Tim Hortons
NOW HIRING!
#550, 1440-52nd St NE & 3580-20th Ave NE
Food Counter Attendants
Shift work is required.
$10.49/hr + benefits
Apply in person in store with resume or send by fax to (403) 274-3844

CHRISTI
HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS?
CONTACT CELIA (403)-521-0077

Disgraced sprinter signs WNBA deal

Former sprinter Marion Jones signed with the WNBA's Tulsa Shock yesterday, hoping to launch a new career after losing five Olympic medals for using steroids. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Toskala pressing on in 'broken season'

Vesa Toskala referred to the current campaign as a "broken season," but the new Flames netminder has managed to maintain a positive attitude.

"I just go day-by-day and try to enjoy every day," said Toskala after taking part in an optional practice with the Calgary Flames yesterday.

"Every time when they put me in, I just try to give the team a chance to win and try to help them in the playoff race."

After going 55-42-17 in his first two seasons with the Toronto Maple Leafs, Toskala had high hopes. Instead, he compiled a 7-12-3 record to go with a 3.66 goals-against average and a .874 save percentage in 26 games with the Leafs this season.

On Jan. 30, the Maple Leafs traded Toskala and forward Jason Blake to the Anaheim Ducks in exchange for goalie Jean-Sebastien Giguere.

"It's a rebuilding process there now, so it was tough to get wins," said the five-foot-10, 198-pound Finn.

TOM OLMSCHEID/THE ASSOCIATED PRESS

Playing in his first game for the Flames, goalie Vesa Toskala defends against Wild left winger Andrew Brunette on Sunday. Toskala stopped 27 shots as Calgary beat Minnesota 5-2.

"Still, I enjoyed my time there. I loved the city, I loved the fans there."

During his short stint in Anaheim, Toskala didn't see any action before being dealt to Calgary on March 3 for Flames backup Curtis McElhinney.

Flames assistant coach Jamie McLennan said the club was pleased to pick up a player of Toskala's calibre.

"From an organizational standpoint, we're really fortunate to have him," McLennan said. "There's a lot of teams that would love to have him as their No. 1. He's an excellent goaltender, he's got a great demeanour, he handles the puck well and his skill set is really good."

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo 5 Dallas 3
Chicago 3 Los Angeles 2 (OT)
New Jersey 6 N.Y. Rangers 3
Washington 4 Carolina 3 (OT)
Vancouver at Phoenix

NBA

YESTERDAY'S RESULTS

Charlotte 102 Philadelphia 87
Dallas 96 New Jersey 87
Denver 110 Minnesota 102
Memphis 111 Boston 91
Miami 108 L.A. Clippers 97
Oklahoma City 98 New Orleans 83
San Antonio 97 New York 87
Utah 115 Detroit 104
Toronto at Sacramento

Earn Your Business Management Diploma in 12 Months

Successful graduates may be employed as Marketing Professionals, Human Resources Professionals, Property Managers, Retail Store Managers or Agents, Business Managers/Owners, Operations Managers and many more....

- Small class size; students receive more personalized attention
- Instructors combine academic qualifications with many years of practical experience
- Multiple intake dates - students can enter the program every five weeks
- Potential transfer credits towards a professional accounting designation
- Free courses are available to assist in meeting minimum entrance requirements.
- Government Tuition Grant reduces tuition by more than half for this program

Registration ongoing. Call now - (403) 648-2265

Business Management Program - 802 Manning Road NE Calgary, AB
www.columbia.ab.ca / Outside Calgary: 1-888-235-9370

COLUMBIA COLLEGE

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

Make Long Distance and Overseas Calls From Your CELL PHONE!

at our GUARANTEED LOWEST RATES!

CUBA 89.9 ¢/min
INDIA 2.9 ¢/min
PAKISTAN 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh from 3.9 ¢	Lebanon ..... 9.9 ¢	Iraq... from 4.9 ¢
Barbados..... 9.9¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal... from 7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia... from 2.9 ¢
Ecuador.....12.9¢	Fiji..... 24.9 ¢	Saudi Arabia from 3.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9¢	Trinidad..... 4.9 ¢
Kenya from .6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... GUARANTEED!

UNLIMITED
Calling to Anywhere in
CANADA
From your Home or Cell Phone!
$5 /month

UNLIMITED
Calling to
INDIA
(From Your Home or EVEN from your CELL PHONE)
only $29.95 /month

comwave®
www.comwave.net
403-451-5801

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitotrs lowest advertised rate for like services. Unlimited India $29.95 per month is based on a 1 year term where early cancellation fees apply (Monthly plan only $5 more at $34.95). There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T.

Nomar signs with Red Sox, then retires

Nomar Garciaparra rejoined the Red Sox for one day and then retired, ending a 14-year career in which he won two batting titles with Boston and was once a beloved player in the city. The shortstop signed a one-day contract with his former team yesterday before announcing he's leaving baseball at 36 to become an ESPN analyst. THE ASSOCIATED PRESS

Crosby's Olympic gear recovered

HOCKEY The stick and glove that helped Canada win Olympic gold are back where they belong.

Sidney Crosby's missing gear was on its way to Pittsburgh yesterday.

Hockey Canada says it was misplaced rather than stolen, with both items ending up in the wrong place in the process of packing and shipping equipment.

The stick and glove were the ones used by Crosby when he scored his overtime goal.

THE CANADIAN PRESS

ACCESS LEGAL RESEARCH INC.

- CRIMINAL PARDON /U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

CALL 403-228-2469

Blindside hits face crackdown

NHL general managers have agreed on a rule to penalize blindside hits to the head, looking to protect its talent in a game they acknowledge has become faster and more prone to collisions in recent years.

"We are shifting some of the responsibility from the player getting hit to the player delivering the hit ..." Colin Campbell

The GMs want referees to call a minor or major penalty for any hit where the primary point of contact is the head.

The penalty is subject to approval from the competition committee, which is composed of five players, five GMs and Philadelphia Flyers owner Ed Snider. But that's not expected to be a problem since the GMs have agreed on the proposal and the players have already signalled their support.

The new rule, which has not yet been given a specific name, could take effect next season. The proposed wording is:

"A lateral, back pressure or blindside hit to an opponent where the head is targeted and/or is the principal point of contact is not permitted. A violation of the above will result in a minor or major penalty and shall be reviewed for possible supplemental discipline."

The rule recommendation signals a shift in thinking by the GMs, who showed little interest a year ago when the NHL Players' Association proposed such a penalty. It could also mark a cultural change for a sport that has traditionally placed the onus on a player receiving a hit to protect himself.

"Basically, we are taking a completely legal hit with the shoulder and saying from a certain aspect in the future that is going to be an illegal hit if delivered to the head," league disciplinarian Colin Campbell said yesterday as three days of meetings wrapped up on Florida's Atlantic coast.

"We are shifting some of the responsibility from the player getting hit to the player delivering the hit now, which was never a part of our game. Since you grew up, you always had to have your head up. You'd get crap from your dad if you got hit while watching your pass. But now, there is some responsibility on the guy delivering the hit."

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Ontario skip Glenn Howard watches a rock against Newfoundland and Labrador at the Tim Hortons Brier in Halifax yesterday.

Howard on a roll at Brier

CURLING Glenn Howard keeps on rolling at the Tim Hortons Brier.

The Ontario skip clinched a playoff spot yesterday with a 9-5 win over Newfoundland and Labrador's Brad Gushue and an 8-4 defeat of Manitoba's Jeff Stoughton.

At 9-0, Ontario is guaranteed a trip to the No. 1 versus No. 2 Page playoffs on Friday.

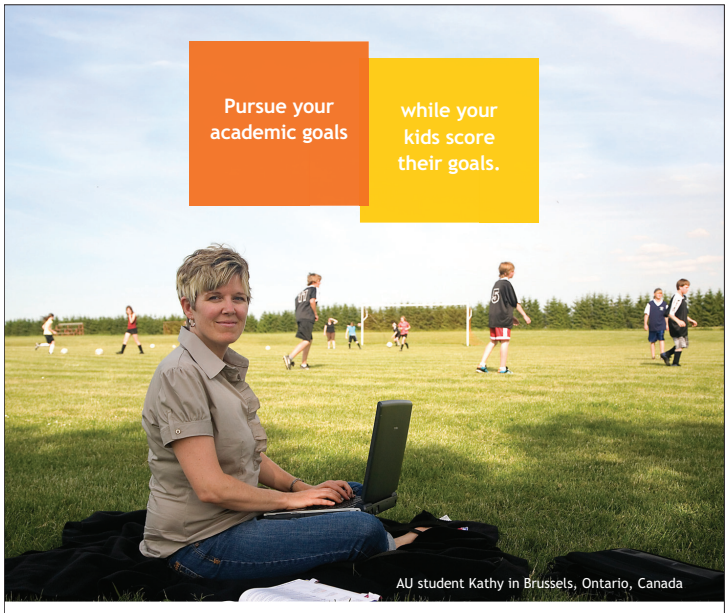
The top four teams advance to the Page playoffs, where the top two rinks square off for a spot in the final. The loser of that game plays the winner of the other playoff between the third- and fourth-place teams in Saturday's semifinal. The final goes Sunday.

Alberta's Kevin Koe claimed two wins yesterday, 6-3 over New Brunswick and 7-6 over Quebec in the early draw.

"Strange for us the way this week has gone," said Koe, whose two losses came to Nova Scotia and B.C., both weaker rinks.

"A couple more routine wins. It's nice on the old nerves."

THE CANADIAN PRESS



Fit your degree into your schedule with Athabasca University.

▪ At Athabasca University, flexible study times mean you can spend time with your family, work at your job, and pursue your education as well. ▪ That's exactly what AU student Kathy is doing. She works full-time in the HR field, and is also pursuing her AU Bachelor of Human Resources and Labour Relations degree. ▪ Kathy fits in her study time at home at night, during her kids' sporting events, and even completed an essay during her vacation while sitting around the pool. ▪ Academic flexibility. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca 1-800-788-9041 | Athabasca University

Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle! SAIT Polytechnic's School of Health and Public Safety is offering Health Information programs for Fall 2010.

MEDICAL TRANSCRIPTIONIST
Achieve work-life balance with our nine-month Medical Transcriptionist program. Graduates are in high demand, with job opportunities in clinical environments or at-home employment. Medical Transcriptionists specialize in medical language, interpreting and transcribing medical dictation detailing patient care during or after medical treatment.

HEALTH INFORMATION OFFICE ASSISTANT
Health Information Office Assistants are essential to providing quality patient care. In just five months, you'll learn the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing and patient scheduling.

START YOUR CAREER IN HEALTH INFORMATION TODAY! CALL 403.210.5819 FOR ADDITIONAL INFORMATION OR APPLY NOW AT SAIT.CA.

FURTHER YOUR PASSION

SAIT POLYTECHNIC

Elizabeth Arden

i love my Gift

Gift with Purchase

Your free 6-piece gift with any $38*
Elizabeth Arden purchase PLUS
your choice of skincare.

A $91 value†

Offer available until March 21, 2010

0803160

Choice 1:
Ceramide Set

†Value based on Sears reg. price per mL/g. *Before taxes, excluding gift sets.

Sears

NE032C110 © 2010. Sears Canada Inc.

11:16 a.m.: you get a new job.

11:17 a.m.: your first assignment, move out of your mom's basement.

11:18 a.m.
Time for **mortgage** advice.

With longer branch hours and Mobile Mortgage Specialists that come to you, getting mortgage advice is convenient.

At TD Canada Trust we would like to add to the excitement of buying your first home, not the stress. So when it's time to discuss your mortgage options, you can meet with one of our in-branch representatives 8 'til late six days straight. Or one of our Mobile Mortgage Specialists can come to you, days, evenings, weekends, even outside of branch hours. Just tell us the "where" and "when" that works for you, and we'll help you understand the "how". It's just another way we're making banking more comfortable.

Visit any branch or call a Mobile Mortgage Specialist at 1-888-660-5965. www.tdcanadatrust.com/myhome

TD Canada Trust

Banking can be this comfortable

5-year fixed mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
5.25%	5.39%	5.49%	5.85%	3.89%	5.25%	5.39%	5.39%	3.69%

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

RateSupermarket.ca
Canada's rate comparison website

Metro Homes

Pet decor

Retro raised food dishes allow pets to munch in style. Dishes are $39. Dogfather & Co., dogfatherandco.com.
FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

5-year variable mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.10%	2.25%	2.25%	3.50%	1.95%	2.10%	2.15%	2.15%	1.85%

For **Pets' sake**

JENNIFER BILL
for Metro Canada

Gone are the days of the plastic water dish and boring plaid pet bed.

Pet owners who have an eye for design have Fluffy and Fido eating and lounging in style, munching their kibbles from stainless steel bowls, enjoying their treats from decorated ceramic jars, and sleeping on custom pet snoozers.

"(Pet products are now) more modern, for an urban lifestyle," said Judith Pagnier, owner of My Pet Boutique in Toronto. "There is a lot of choice for every decor sense. We see everything."

These Pet Food Canisters come in white lacquer finish and galvanized steel finish. For dogs, 25 litre; cats 13 litres. Ballard Designs, $45-$49, ballarddesigns.com.

Let the felines have some fun in the Cat Fun Tunnel. Canadian Tire, $14.99, canadiantire.ca.

Assorted beds by Aviva Designs are luxury comfort for your pets, Dogfather & Co., $95-$270, dogfatherandco.com: Red one: Luxury Doggy Divan with a drop front, with red naugahyde exterior, zebra suede cushion, and leopard print cushion ($270); Stripped one: Luxury Doggy Divan with drop front with Hudson's Bay print ($170). The third bed is an Aviva Toile Celestial Sleeper ($95).

This cute bone-shaped Woof Poof Bed is a highly durable and dirt-resistant bed made of high-quality leather. A perfect piece to match your furniture decor, luxurious yet practical enough for your little pooch to enjoy for years. Ideal for doggies 5 to 15 lbs. Bobo Canada Fine Pet Boutique, $269, bobocanada.com.

It's time to freshen up

HomeScape
Sylvia Putz
metronews.ca/homescape

After a long winter of living in tightly insulated spaces with closed windows, don't you want to throw open the shutters to the fresh, bracing air?

All homes build up odours that come from normal, necessary but smelly human activities, like cooking, changing diapers, looking after pets and so on. At the end of the closed-in winter season, the air can smell stale. The best solution is to tackle the source of unpleasant smells:

- Air out the house as soon as the weather allows;
- Dust those hard-to-reach places that have accumulated a coating over the winter. Remember to wipe blinds;
- Change vacuum bags often;
- Remove encrusted ducts and vents and wash off dusty deposits;
- Carpets and fabrics (upholstery and drapes, for example) can hold smells. Try sprinkling baking soda onto carpets or onto upholstery and leave it overnight, where it absorbs odours. In the morning, vacuum. And wash or professionally clean drapes at a cleaner that uses non-toxic chemicals;
- Consider having carpeting or rugs professionally steam cleaned, and replace old carpets;
- Mold and mildew can cause sour smells. Wipe down walls and floors and surfaces in areas that get damp such as bathrooms, laundries and kitchens with a solution of white vinegar and water (1:2). Use exhaust fans to remove moisture;
- In the kitchen, scrub ceilings and areas near the stove. (Minimize frying in fat, as airborne fat particles will adhere to everything and leave a smell. If you do, use a pan cover, and always use the kitchen fan while cooking);
- To combat lingering odours from foods with strong smells such as cabbage, fish or curries, try putting out a bowl of white vinegar to absorb smells. Or, fill a plastic yogurt container with charcoal briquets, punch holes in the top and leave the container in an unobtrusive place. An open container of unused coffee grounds or beans will also absorb smells, as will boxes of baking soda.
- Basements can often smell moldy due to dampness. If you've got an unfinished basement, fix any cracks in concrete with concrete sealer, and clean and seal weeping basement walls. Also wrap condensing pipes with pipe wrap so moisture doesn't trickle down pipes.

Add nice smells

- Bake cookies or bread;
- Boil cut up lemons or oranges, a dash or cinnamon or nutmeg or vanilla. Simmer;
- Soak a cotton ball with lemon, orange, vanilla, peppermint extract or oil of cloves. Place in a small, clean jar, punch holes in the lid, and leave in an unobtrusive place;
- Put out fresh flowers;
- Purchase a few live potted plants, as they filter smells;
- Burn beeswax candles;
- Consider downsizing kitchen compost or garbage, and remove it frequently;
- Don't allow smoking in your home, as smoking smells are not easily eliminated;

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Advertising Feature

How To Buy A Home With Zero Down

www.easyzerodown.com

Calgary, AB A new home ownership program allows qualified buyers to buy a home with absolutely no down payment. You may have owned a home before and are presently renting, or maybe you are a first time homebuyer and need a way to break into the housing market but are holding back because you think you require $10,000, $20,000 or even more for a down payment.

Well regardless of your present situation, if you want to get into, or re-enter the housing market without having to make a cash down payment, this new program may be just what you're looking for. Why pay your landlord's mortgage when you can be building your own equity.

Industry insiders have prepared a new special report entitled, **"How to Buy a Home With Zero Down"** which reveals how this new and innovative program can get you into the housing market immediately and with no down payment.

To get your FREE copy today visit www.easyzerodown.com or call 403.875.1122

Presented by Nathan Singh ~ Licensed Realtor in the Province of Alberta
Calgary First Real Estate • 2116-14th Street NW

Keeping clean after your home reno

Stainless steel and chrome — For general cleaning, use liquid dish detergent or an all-purpose cleaner and rinse with clean water and a soft, lint-free cloth. For hard water spots, use vinegar. NEWS CANADA

Is cork nature's perfect floor

While it's relatively new to us, cork flooring has been used in Europe for centuries because of its resilience, durability and surprisingly versatile, attractive designs.

Today, cork is taking North America by storm due to all of those attributes, plus its unsurpassed eco-friendliness and sustainability.

Cork is hand-harvested, and no trees are harmed in this ancient practice. Century-old cork trees, harvested every nine years, still thrive in the forests of Portugal and Spain.

Eco-engineering of modern cork floors allows them to be installed over existing flooring including tiles. And, once installed, cork doesn't merely beautify the home, it mutes and muffles sound with its natural acoustic properties, provides exceptional cushioning and warmth with its natural insulation properties, and is hypo-allergenic to safeguard your family's health.

NEWS CANADA

Cork flooring is softer than most other flooring, good for sound proofing and good for insulation.

One room that is frequently upgraded to stunning and resilient cork flooring is the kitchen. Cork is in fact comfortable and durable. Cork withstands the stress of a kitchen area. Because it's 50 per cent air, cork has more give than harder floors like ceramic tile, making it far more comfortable to spend time in the kitchen. A big win for chefs and diners alike.

Because it's 50 per cent air, cork has more give than harder floors like ceramic tile.

Not that you will ever see proof in your kitchen, but cork is naturally flame retardant and flame resistant.

One of the world's leaders in cork flooring is located in Canada. Torlys offers the widest selection of these beautiful, earth-friendly floors in its 100 per cent recycled cork collection, and every floor is easily installed without chemicals, glues or nails.

Just as cork trees regenerate themselves, cork flooring reinvigorates any home. It's the smart — and smart-looking — answer for people who value the global environment, and the one at home.

NEWS CANADA

Red Haus
REDi
to buy before today at 7PM
SET
to own a premium 1 bedroom condo
GONE
will be your chance to save $21,000
StreetSide Development Corporation
www.redhausliving.com
Register at redhausliving.com to be the first to know about Week 2's incredible sale, or look in tomorrow's Metro to learn more!
Address: 126 - 30 Royal Oak Plaza NW, Calgary | Phone: 403.269.6024 | Email: redhaus@streetsidehomes.com
Sales Centre Hours: Mon - Thurs: 1-7pm, Fri - Sun: 12-5pm

Keeping it clean is a key step after renovation

AFTER THE RENO When your kitchen renovation is all done, be sure to keep up on the upkeep. Kitchen floors, counters and sinks: Unless we eat out frequently or take extended vacations they're tough to avoid cleaning. Here are some tips for those areas of the kitchen that might fly under the cleaning radar:

Area 1: Range hood filter — Clean or replace your (non-charcoal) range hood filter (there might be more than one) every six months by running the filter through your dishwasher for a few cycles.

Area 2: Dishwasher — Odour-causing residue can build up on surfaces over time from food particles and minerals. To prevent this, once a month empty your dishwasher, place one Affresh dishwasher cleaner tablet in the main dishwasher tray and another tablet in the prewash tray or in the bottom of the dishwasher then run the heaviest cycle, at the hottest wash temperature.

Area 3: Refrigerator water filter — Depending on the model, refrigerator water filters help remove particulates, lead, mercury, chlorine taste and odour, dirt, rust, lime scale and other unwanted chemicals.

NEWS CANADA

Auto Insurance
All drivers insured, regardless of your record.
Young/Old drivers, DUIs, tickets, No Problem!
Call for a free quote
403.383.9973

The rules on how to survive even in the smallest space

DecorMoment

I'm not sure I know anyone who claims to have enough space in their home; people who live in big houses seem to have cramped closets and over-stuffed rooms just like those of us in smaller town homes and condos. The key to living large is to maximize your home with smart decorating and furnishing ideas. Here are four of my decorating rules and some great products that will help you survive any small space.

Rule 1: Every piece of furniture must perform two duties!

A slim console table can be a server/bar, dressing table or hold a flat screen telelvision; a long storage ottoman can act as a footstool, a coffee table or an extra perch for unexpected guests; a comfy upholstered dining chair can be an extra seat in the living room and size appropriate to sit in the corner of a bedroom.

Rule 2: Use similar colours and tones used throughout!

Be strong and commit to either all light, medium or dark tones when choosing things like flooring, walls and furnishings in your space. Using similar tones will allow the eye to roam freely, making a space feel larger. Using too many light and dark options will instantly chop the space and make it feel smaller.

Rule 3: Create big impact in each room!

A tall headboard in the bedroom, a set of floor-to-ceiling drapes in a dining area, a decorative fireplace mantel in the living room are all items that will help create big impact while taking up minimal floor space.

Rule 4: Get the right size dining table!

You need a minimum of three feet of clearance on each side of the table, a round table is more flexible for seating, a pedestal based table makes it even more flexible, and a leaf extension is allows the in-laws to visit.

My favorite piece of furniture: The Hydraulic Storage Bed offers enough storage underneath to replace six large dresser drawers (around $2200 for queen size, sunpanimports.com). Its easy to manoeuvre with just one hand and there's no need to purchase a dresser and you won't need a box spring!

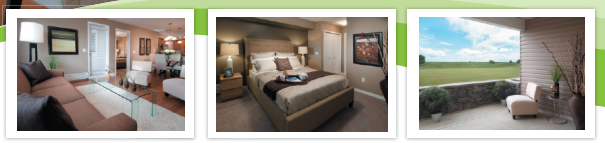
Best design for the money: Ikea's Pendel clock tower is the modern and affordable grandfather clock. It not only ensures you will never be late for work but also offers up stylish slim storage in the foyer, bathroom or hallway. $179, ikea.ca

Smartest thing to get: The Pilsen desk; made of glass and metal is the perfect size to work, dine, or use as a console. Around $249 from Crate and Barrell, crateandbarrell.com

And for your designer tip of the day: To make a small space look as large as possible, paint the walls two shades lighter than your flooring.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM

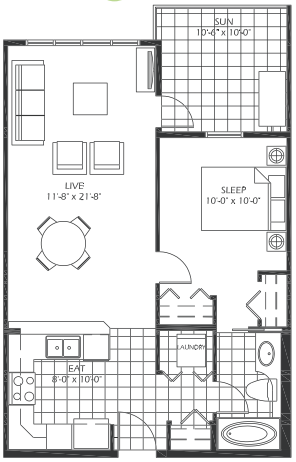
All furniture should serve two purposes in a small space. This ottoman can be a seat or a rest for your feet.



Courtyards of King's Heights
Phase 2 - Now Selling!

Act fast and Pick Your Promotion!
Buy now and choose from extras like a ***Home Theatre System, Home Furnishings or Free Upgrades****

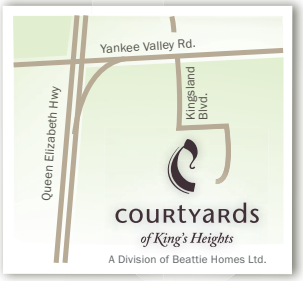
Featuring



Eden
672 SqFt - Condo
1 Bed, 1 Bath, Balcony
Starting from $169,900*
(incl. gst)

- 7 Appliances
- Built Green Approved
- Central Courtyard with Gazebos and Walking Paths
- Ample Kitchen Cabinetry
- Quick Possessions Available

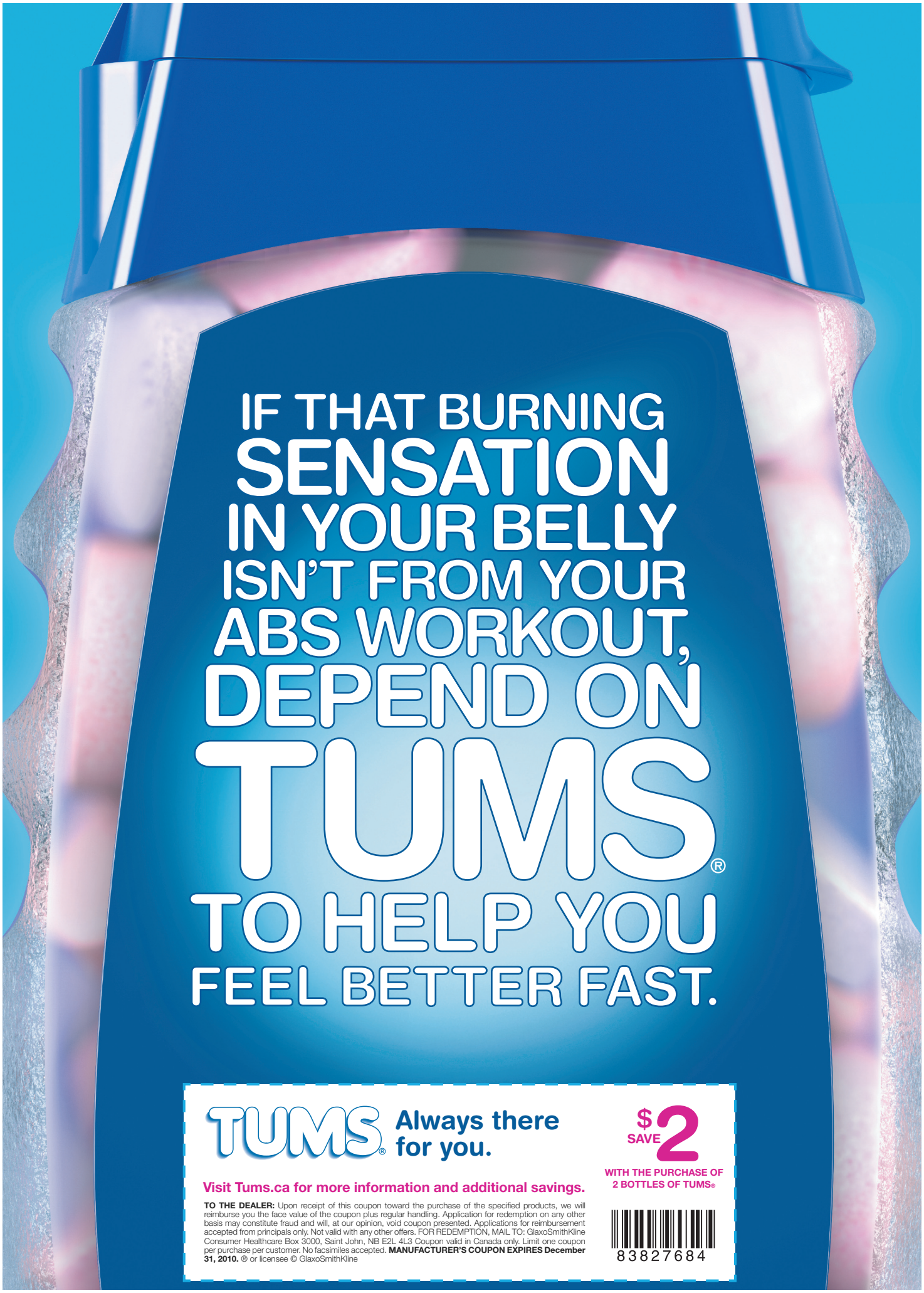
For more information on Courtyards of King's Heights in Airdrie, visit us at www.CourtyardsCondos.ca



SHOWHOME
#1105 4 Kingsland Close SE Airdrie
Phone: 403.993.3801
Email: sales@gardensidecondos.ca

* Limited time offer available only in Phase 2; Price and offer are subject to change without notice; Limited to first 10 buyers; Some conditions apply; See Showhome for details; E. & O.E. apply.

www.CourtyardsCondos.ca



TUMS® Always there for you.

$2 SAVE

WITH THE PURCHASE OF 2 BOTTLES OF TUMS®

Visit Tums.ca for more information and additional savings.

TO THE DEALER: Upon receipt of this coupon toward the purchase of the specified products, we will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our opinion, void coupon presented. Applications for reimbursement accepted from principals only. Not valid with any other offers. FOR REDEMPTION, MAIL TO: GlaxoSmithKline Consumer Healthcare Box 3000, Saint John, NB E2L 4L3 Coupon valid in Canada only. Limit one coupon per purchase per customer. No facsimiles accepted. **MANUFACTURER'S COUPON EXPIRES December 31, 2010.** ® or licensee © GlaxoSmithKline

83827684

Hermes Paris show
Paris got its own Savile Row with Hermes' fall-winter 2010-11 ready-to-wear collection of gender-bending looks fit for a dapper English gentleman. Little leather skirts were worn with menswear blazers and peacoats with crocodile belts. THE ASSOCIATED PRESS

Style

Obama gown for exhibit

Michelle Obama said Tuesday that she'll always cherish the moment she slipped into her inaugural ball gown, a one-shouldered, white chiffon design. She'll have to hold on to the memories because the gown isn't exactly hers anymore. In keeping with tradition, Obama donated the Jason Wu design to the Smithsonian Institution's National Museum of American History this week. It will go on public display in a new gallery for the museum's first ladies exhibit, featuring president's wives from Mamie Eisenhower to the present. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

March break must-haves

Tips on creating your suitcase shortlist

JORDANA DIVON
for Metro Canada

Whether you've pinned your Miami plane ticket to the cubicle wall, or fluffed up your down jacket in preparation for the slopes, Metro has assembled a list of March break must-haves to make your suitcase shortlist.

For the sunward bound, this season is all about legs and knowing how to use them. Holt Renfrew's style guru Barbara Atkin offers a few tips on how to wear minis — and not let them wear you.

"This season we saw a contest of short, shorter and shortest across the runway, a trend that works perfectly with a warmer climate and looks great with a tan," she says. However, "make sure to pack a nude shoe to elongate your leg when you show them off in the season's shorter silhouettes."

Pair your mini with nude Stuart Weitzman pumps and an oversized white tank top to emphasize your lower extremities. And keep in mind: the mini trend extends to your accoutrements as well.

"Ladylike accessories made a big statement this season," adds Atkin, "so leave your oversized purse at home and opt for smaller, more refined bags to keep your essentials close to you."

If the combination of sunshine and all those tanned, bare legs leaves you squinting for mercy, make sure to protect your eyes with oversized shades. Bold, round shapes and metallics are in for spring, but pick a pair that gives UVA protection as well as style.

Don't worry guys, we haven't forgotten about you. Your pants may be a little longer in the leg, but not shorter on style. Try khaki shorts along with a comfortable white linen shirt to keep cool.

Or if you plan on hitting the waves, you can't go wrong with classic blue trunks, but make sure to cover your delicate snowbird scalp with an oversized hat that will leave you with plenty of change in your tequila fund.

For those trading one snow bank for another, think warm but flattering outwear.

Law student Elise Fatourechi is planning to visit her boyfriend in Switzerland, and her must-have, fittingly enough, is a tailored boyfriend jacket.

"Boyfriend jackets are so versatile, and you can pair them with anything," she says. "They're easy and light, so you can throw a bunch of them in your suitcase, and mix and match."

1. Boyfriend blazer, Old Navy, ($44.50); 2. Women's Robyn sunglasses, Mac & Jac, suntechoptics.com ($45); 3. Striped bikini, Winners ($19.99); 4. Men's white linen shirt, Old Navy ($24.50); 5. Leather purse, Danier, ($99); 6. Men's swimming trunks, Old Navy ($29.50); 7. Men's aviator sunglasses, Banana Republic ($85); 8. Mini skirt, Smart Set ($30); 9. Super stretch belladonna jeans, Fidelity Denim, fidelitydenim.com ($174); 10. Stuart Weitzman pump ($335).

JONES NEW YORK

The Red Sticker SALE

The more you buy, the more you save on all red stickered clearance merchandise!

Buy 2 items Save 20%*
Buy 3 items Save 25%*
Buy 4 items Save 30%*

*Off the lowest ticketed price

Sale on now until March 17th

only at JONES NEW YORK
Cross Iron Mills
261055 Cross Iron Blvd
403.274.6367

* Some exceptions may apply. Sale does not apply to new spring arrivals. Final Sale on all clearance merchandise.

Twilight trailer online

The full trailer for The Twilight Saga: Eclipse will debut online Friday at 9 a.m. ET. The third entry in the series is set to be released in theatres in June. EW.COM

Entertainment

Love interest

Keri Russell is returning to television in a new Fox sitcom produced by Arrested Development creator Mitch Hurwitz and starring Will Arnett. Sources say Russell is in final talks to play Arnett's love interest. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Gorillaz storm the beach

Gorillaz

Album: Plastic Beach
Label: EMI
Rating: ●●●●½

DAMON ALBARN SAID he wanted "an incredibly eclectic, surprising cast of people" and he got it for the third and finest Gorillaz album yet. First conceived as a project called Carousel, Plastic Beach is just that: A heady mélange that can spin from a heavenly arrangement by The National Orchestra For Arabic Music into a giddy hip-hop bounce with U.K. rappers Kano and Bashy in the span of one track (White Flag). De La Soul and Gruff Rhys live up to a vivid title like Superfast Jellyfish with a romp that's cartoonish and amusing, exemplifying everything the Gorillaz concept was supposed to be in only "three microwave minutes." **Cam Lindsay/for Metro Canada**

Broken Bells

Album: Broken Bells
Label: Columbia/Sony Music
Rating: ●●●

IT SOMETIMES SEEMS like anything Danger Mouse touches turns to gold. He made Cee-Lo famous with Gnarls Barkley and helped turn Gorlliaz into something other than a Damon Albarn side project. He's not as successful with the Shins' James Mercer, but the collaboration still works. DM's electro pop backing coupled with Mercer's soft, soothing voice makes for some incredibly infectious tracks — Vaporize to name one — but other songs lack punch. It's a good disc for sure, but with these two huge musical talents at the helm, it could have been a bit better.

Bryan Borzykowski/for Metro Canada

Jason Collett

Album: Rat a Tat Tat
Label: Arts & Craft/EMI
Rating: ●●●

JASON COLLETT IS a curious character. He's reached a good level of popularity, but his music isn't nearly as moving as many of Canada's other guitar-slinging folkies. His records are a mix of catchy rock and acoustic numbers and sleepy, forgettable songs. That said, his music keeps getting better and Rat a Tat Tat is an improvement. It's not a masterpiece, but songs like the Joel Plaskett-ish Lake Superior and the Dylan sounding Winnipeg Winds are interesting for the Canadian mythologizing as much as they are for their infectious melodies. Overall, this is a decent record — it may not get regular repeat plays, but it's still worth checking out.

Bryan Borzykowski/for Metro Canada

Plastic Beach is the third and finest Gorillaz album yet.

Ellie Goulding

Album: Lights
Label: Polydor
Rating: ●●●½

BRITAIN'S STREAK OF fanciful female singer-songwriters continues with Londoner Ellie Goulding — not that the streak was in jeopardy. Like Florence, Lily or La Roux, Ellie's music is both chart-bound (she recently reached No. 1 on U.K. charts), but also distinctly inventive. Cutting her teeth on simplistic folk music, Ellie eventually rerouted her musical path to slot in synthesizers and sequenced beats. The transformation provides an interesting conjunction — her folkie vocal quiver could certainly survive stripped down to just an acoustic guitar, but the frantic rhythm and keys that commands Starry Eyed and the synthy ecstasy of I'll Hold My Breath give Ellie her trademark.

Cam Lindsay/for Metro Canada

Album Reviews

music@metronews.ca

Besnard Lakes

Album: The Besnard Lakes are the Roaring Night
Label: Jagjaguwar/Sonic Unyon
Rating: ●●●●

IF YOU LIKED the Besnard Lakes' last masterpiece, you'll love their new one. Like …Are The Dark Horse, this third effort is another expansive, droney, harmony-filled affair. The band's lush, Beach Boys-like vocals are out in full force — Albatross is a gorgeous track that sounds more like a journey through the history of sound than a stand-alone song, while Land of the Living Skies Pt. 2 is what Pink Floyd would sound like if they started making music today. It's a heavy, time-consuming listen, but well worth the effort.

Bryan Borzykowski/for Metro Canada

TOP 5 PLUMBERS
RECOMMENDED BY METRO READERS

ROTO-ROOTER PLUMBERS
"Service is exceptional."

PETE THE PLUMBER
"Great service and you can test and check out your options in their showroom."

ADRIAN HUDDER
"I have trusted this company with four of my property's for the past three years, and will bring them another three years of business."

HARRY FARRELL
"Harry is a great plumber; he's timely, reliable and honest."

KNIGHT PLUMBING
"Courteous plumbers with great manners."

NEXT WEEK'S TOP 5 – ACCOUNTANTS
Recommend your Accountant by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK
Powered by metro and gigpark

WE SHALL MEET AGAIN, WEAK GRITTY COFFEE, FOR YOU ARE MY UNSHAKABLE DESTINY.
ESCAPE THE OFFICE DRAMA.
45 MINUTE COMEDIES & MUSICALS. DAILY AT LUNCHTIME.
LUNCHBOX THEATRE
AT THE BASE OF THE CALGARY TOWER
LUNCHBOXTHEATRE.COM
TAKE AN ADVENTURE THROUGH SCOTLAND IN THE SUBMARINE. WORLD PREMIERE. MARCH 8 UNTIL APRIL 3. TICKETS JUST $15-18.
ENCANA TransCanada BD&P Alberta Foundation for the Arts arts Canada Council for the Arts Conseil des Arts du Canada metro

Dench mulling memoir

Judi Dench — who has had a career spanning 50 years which has seen her win nine BAFTAs, seven Laurence Olivier Awards, an Oscar, two Golden Globes and a Tony Award — has reportedly agreed to pen an account of her life. FEMALEFIRST.CO.UK

In League of his own

Canadian Baruchel grows into Hollywood leading man

STEVE GOW
for Metro Canada

Jay Baruchel plays Alice Eve's unlikely love interest in She's Out Of My League.

She's Out Of My League opens tomorrow

Canadians love to celebrate their own. Whether it's basketball stars like Steve Nash or master thespians like William Shatner, if you make it big in America, we embrace you. Well, Canada's latest hero is now waiting in the wings and his name is Jay Baruchel.

A slim, unassuming 27-year old who's as humble as he is an unlikely celebrity, the Ottawa-born actor should perhaps be further rewarded for his patriotism since he still resides in Montreal and wears a maple leaf tattoo over his heart even as he's about to release his latest big Hollywood comedy, She's Out of My League.

"If it meant that I had to move away from Canada to have a career in this business, it just wasn't ever going to happen," Baruchel once told the Victoria Times Colonist.

So who is this proud patriot? And how did Baruchel get to be so popular in Tinseltown?

"He's a charm to work with," said filmmaker Randall Cole in a an interview. "He brings the acting but he's also great off the set and everyone's just happy to be around him."

Baruchel actually began as a teen appearing in Canadian TV shows like Popular Mechanics for Kids before he moved to America. There, he soon landed a role on Judd Apatow's short-lived television series Undeclared where he would befriend fellow Canuck actor Seth Rogen.

Bolstered by his placement in the popularity of the so-called Apatow Gang, Baruchel quickly gained notice with roles in such blockbusters as Million Dollar Baby, Tropic Thunder and Knocked Up. However, even as his star rose, he would pepper his Hollywood hits with intimate Canadian films like Cole's comedy Real Time.

"That's just always been my taste," Baruchel once told the Montreal Film Journal.

"The happiest part about my career so far, is having a resume that reflects my tastes, my opinions, what I find funny."

Well, it seems audiences certainly find Baruchel funny. Set to become Canada's latest superstar with upcoming leads in She's Out of My League, How to Train Your Dragon and the acclaimed Canuck comedy The Trotsky, William Shatner may have to roll over — there's a new kid with a maple leaf just a bit closer to his chest.

Ottawa-born Jay Baruchel stars in The Trotsky.

Tofino looks into ban on fast-food chains

Town council in the Vancouver Island community of Tofino, B.C., is considering a ban on new fast-food franchises and chain restaurants, including Starbuck. Councillors directed staff Tuesday to prepare a report on such a ban. THE CANADIAN PRESS

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Warm up and fill up

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

Outpost Pub
200 Pipestone Rd., Lake Louise
(403) 522-3989
posthotel.com

Rating: ●●●½
Dinner for two with drinks: $55
Signature Dish: Beef goulash ($18.50)

Doing any activity in breathtaking Lake Louise isn't cheap. Gas, accommodation, parks and lift passes all add up. So it's a relief to find comparatively reasonable prices at the Outpost Pub in the exclusive Post Hotel.

In contrast to its fine-dining, big-view sister upstairs which enforces a dress code, the basement pub welcomes jeans and ski gear. They share the same kitchen which cooks fancy entrées with the same precision as the pared-down pub fare.

A special of prime rib (an unheard of $24.50) is outstanding, perfectly marbled and medium rare with a plump baked potato, steamed veg, and personal gravy boat.

The Post burgers ($16.50) are the best I've had in a long time. One comes with a huge, juicy patty, melted gruyere, pan-fried mushrooms, generous pickle slices , butter lettuce and red onions. An ample, fresh bun — which is key — held everything together nicely.

Skinny fries (McDonald's-style) share the plate with a side pasta salad with shredded carrots and raisins (not McDonald's-style).

Grab a seat by the wood-burning fireplace and tuck into a heaping plate of Hungarian beef goulash with spatzle and red cabbage ($18.50). Your tummy — and wallet — will thank you.

On the web

- Get recipes and more great food content at metronews.ca/recipes

ANDREE LAU/FOR METRO CALGARY

Gruyere and mushroom burger ($16.50) from the Outpost Pub.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of (Jim Denevan's) Marinated Roasted Beets.

Dining out

WINE WEDNESDAYS BLVD (1800 Fourth St. SW) serves all wines by the glass for only $5 on Wednesdays along with live blues music.

FUNDRAISER The Danish Canadian Club's (727 11th Ave. SW) annual Great Dames Gala is on Saturday. Dinner and a silent auction will benefit the Calgary Women's Emergency Shelter. Call 403-261-9774 for tickets ($85).

ANDREE LAU/ FOR METRO CALGARY

In brief

SWEET CAKES The 4th annual Cake Walk is on Sunday at the SAIT Heart Building. Check out cakes crafted by Calgary's best pastry chefs and raise money for L'Arche Calgary, which helps people with developmental disabilities.

ANDREE LAU/FOR METRO CALGARY

JUGO JUICE®

there's this GREAT SMOOTHIE YOU SHOULD REALLY MEET.

* AVAILABLE AT PARTICIPATING CALGARY JUGO JUICE LOCATIONS FOR A LIMITED TIME.

NEW!

blind date

FEATURE SMOOTHIE

banana, dates, non-fat milk & low-fat frozen yogurt.

STARTING MONDAY MARCH 15, 2010

He's not buying it

Andy Richter doesn't buy that Jay Leno had to go along with NBC in the shuffle that cut short Conan O'Brien's reign as Tonight Show host, sarcastically saying, "multimillionaires are always being forced to do things." TVGUIDE.COM

Pulling together in The Pacific

STEVE GOW
for Metro Canada

After an enduring 18 years in Hollywood, Jon Seda finally landed perhaps the most important role of his career.

The long-time thespian, who has played everything from Jennifer Lopez's love interest in Selena to Detective Falsone on the TV series' Homicide: Life on the Street, is now making his mark as a sharp-shooting sergeant in HBO's $200-million 10-part wartime mini-series The Pacific.

"At first it seemed like something you want to be part of because as an actor you've got (producers) Tom Hanks, Steven Spielberg (and) you know what they did with Band of Brothers (which they produced in 2001 for HBO as well)," said Seda during a recent interview.

"But when you actually start diving into the research and start shooting and boot camp and all that, there's a point where I think it really hit (the actors) that this was something bigger than us."

The Pacific premieres on HBO Canada Sunday

Based on the true stories of three U.S. Marines stationed in South East Asia during the Second World War, The Pacific is a fascinating historical account of the men who fought barbaric battles in dense jungles against a persistent enemy that refused to surrender.

"This was definitely the most physically demanding thing I've been a part of but I think the surprise was it was equally or more mentally challenging," admitted Seda of the intense 10-month film shoot.

"When you think about what (these soldiers) actually went through … we had to stay in line with what they actually did so the reality of the fact that someone went through this was pretty overwhelming."

PHOTO PROVIDED

Jon Seda stars in the new HBO mini-series The Pacific.

"This was definitely the most physically demanding thing I've been a part of but I think the surprise was it was equally or more mentally challenging."
Jon Seda

That wasn't the only overwhelming aspect for the hundreds of intimidated young actors who took part in The Pacific.

Heightened by its big-name production duo, Tom Hanks even played a general one day when he rode up in a jeep and brought an air of calm to the troops.

"I'm pretty sure it was the first day of boot camp and he gave a big speech to everyone," reflected Seda fondly. "He said, 'We're all here, we're all family, we're all together and we'll get through this together' and that kind of set the tone and got us going."

The Canadian Corey dies

DEATH Former teen idol Corey Haim, best known for his role in the 1987 hit The Lost Boys, has died after a well-documented battle with drug addiction and a string of B-movie roles aimed at returning to the spotlight. He was 38.

The Toronto-born actor died at a Burbank hospital early yesterday morning, said Lt. Cheryl MacWillie of the Los Angeles County coroner.

GETTY IMAGES

Corey Haim

An autopsy will determine the cause of death and there were no other details, she said. Sgt. Michael Kammert added there's no evidence of foul play.

Haim had flu-like symptoms before he died and was getting over-the-counter and prescription medications, Sgt. William Mann said. The cause of death was unknown.

In his heyday, the baby-faced actor was a box office draw with his boyish good looks and goofy grin. He and fellow teen sensation Corey Feldman, who co-starred with Haim in The Lost Boys, Dream A Little Dream and Dream A Little Dream 2, became known as "the two Coreys" — a relationship they parlayed into an attempted comeback in 2007 with the A&E reality series, The Two Coreys.

Haim's fall from grace was well-known. He acknowledged his struggle with drug abuse to The Sun in 2004, in which he told the British tabloid that success in the '80s lead to heavy drug and alcohol use.

"I was working on Lost Boys when I smoked my first joint," he said, adding that led to 15 attempts at rehab and a stroke.

"I did cocaine for about a year and a half, then it led to crack."

Haim got his start in television commercials at 10.

THE CANADIAN PRESS

THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/11/10	267	351 - ACCESS	Alberta Primetime (Live)		(8:01) Private Practice		Grey's Anatomy "Push"		(10:01) Monk		Primetime
	243	317 3 CFCN	CSI: Crime Scene Investigat'n		The Mentalist (HDTV) (N)		American Idol (HDTV)		Grey's Anatomy "Push"		CTV News
	-	- 4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Coach
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy (HDTV)		Grey's Anatomy "Push"		Private Pract.
	245	306 6 CBRT	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Love, Hate and Propaganda		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		Survivor: Heroes vs. Villains		The Office (N)	Tucson	News Hour
	246	- 8 CKAL	Law & Order: Special Victims		The Marriage Ref (N)		Community (N)	Parks/Recreat	Accidentally	30 Rock	EP Daily
	119	705 9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		3600 secondes d'extase (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
primetime	-	372 12 KREM	News	Access H.	The Doctors (N)		Survivor: Heroes vs. Villains		CSI: Crime Scene Investigat'n		The Mentalist
	-	374 14 KSPS	PBS NewsHour (N)		Celtic Woman: Songs From the Heart (HDTV) Music.				Playing for Change: Peace Through Music		
	502	390 15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature/ Things
	-	370 16 KHQ	News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Marriage Ref
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Kitchen Nightmares (N)		News
	297	652 37 WPIX	Supernatural (HDTV)		PiX News at Ten Tong.		Two/Half Men	Friends	Friends	According/Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	Curling	SportsCentre		That's Hockey!	SportsCentre	Off the Record	Boxing		Boxing
	408	418 27 net	NHL Hockey	NHL Hockey Ottawa Senators at Calgary Flames. (Live)					Sportsnet Connected (N)		Telus Oilers
	410	403 30 SCORE	World Poker Tour		Score Now		NBA Basketball Portland Trail Blazers at Golden State Warriors. (Live)				Score Now
	411	457 44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters International		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	417	406 48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)		Pass Time	NASCAR Hub	Fast Track to Fame (HDTV)		Bullrun (HDTV)
family	552	543 20 YTV	iCarly	To Be Indie	iCarly	Prank Patrol	Malcolm	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*Ghost World*
cable variety	575	583 11 CMT	According/Jim	According/Jim	Home Improve.	Home Improve.	Unstable	Unstable	Amer. Funniest Home Videos		Reba
	553	546 17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	House-Sell	Supernanny		Love It or List It		Confidential	Confidential	Divine Design
	521	560 24 TLC	Police Women of Maricopa		LA Ink (HDTV) (N)		Police Women of Maricopa		LA Ink (HDTV)		Police Women
	603	561 25 FOOD	Extreme Cuisine, Jeff Corwin		Ace of Cakes	Ace of Cakes	Restaurant Makeover		Diner, Drive-In	Unwrapped	Extr. Cuisine
	615	520 26 A&E	The First 48 (HDTV) (N)		Manhunters	Iced	Manhunters	Manhunters	(10:01) The First 48		The First 48
	617	522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Cra$h & Burn
	601	562 33 SLICE	Bootcamp	Last 10	Re-Vamped		ET Canada	Whatever	Real Housewives-Atlanta		Housewives
	-	633 34 ENC2	Jane-Dragon	(7:25) *Louis 19* ★★ (1994, Comedy)			*And Now for Something Completely Different*			*Kids in the Hall: Brain Candy*	
	520	505 35 DISC	Killer Whales (N)		MythBusters		Daily Planet		Dirty Jobs "Tofu Maker"		Killer Whales
	620	523 36 BRAVO	*Flirting With Disaster* ★★★ (1996, Comedy) Ben Stiller.				Law & Order		Without a Trace		*Flirt.-Disaster*
	294	650 40 WPCH	Basketball	(7:45) College Basketball SEC Tournament, First Round: Teams TBA.					Law & Order: Special Victims		The Office
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin
	-	539 42 TCM	(6) *The Lady Eve*		*The More the Merrier* ★★★ (1943, Comedy)				*Over 21* ★★★ (1945, Comedy) Irene Dunne.		
	628	584 43 SPIKE	TNA Wrestling (HDTV)				CSI: Crime Scene Investigat'n		Players (HDTV)	Players (HDTV)	CSI: Crime Scn
	522	516 45 HIST	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries		Ancestors	Ancestors	Nostradamus
	627	528 46 SPACE	Caprica		Lost "Dr. Linus" (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Jeremiah Johnson* ★★★ (1972)			*Silverado* ★★★ (1985, Western) (HDTV) Kevin Kline, Scott Glenn, Kevin Costner.					
	619	525 49 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show
	600	564 50 HGTV	House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes Inspection		House-Bryan	Real Renos	Holmes-Homes
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer		Cold Case "Stalker"		Psychic Inv.	Ghostly Enc.	Judging Amy "Consent"		Missing
	269	350 93 APTN	Wapos Bay	By the Rapids	Flame	Moose TV	*The Matrix* ★★★ (1999, Science Fiction) Keanu Reeves, Laurence Fishburne.				
	-	- 94 MCP	World News	News	My Queen	Immortal Yi, So	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581 100 MMM	mmtop10.ca		Queen Rock Montreal		Gene Simmons	Wild 'n Out	Queen Rock Montreal		Gene Simmons
	570	580 101 MM	Video on Trial	Video on Trial	disBAND	disBAND	UR11		Pimp My Ride	My Own	disBAND
	581	566 102 MTV	Buried	Buried	Taking, Stage	Made	MTV Live	Movie Night	The Real World		Taking, Stage
	-	- 116 TV5	Envoyé spécial	Geopolitis	Humanima	Hors série	TV5 Le Journal	(9:35) Arte reportage		Partir autrement	

critics' corner

CSI: Crime Scene Investigation

When a boy is murdered, Langston and Willows (Laurence Fishburne, Marg Helgenberger) and their colleagues uncover evidence that could link his death to an old, recently resurfaced case. Capt. Jim Brass (Paul Guilfoyle) clashes with high-powered attorney Lynn Stagner (guest star Faith Prince). George Eads also stars in the new episode "Neverland." 7 PM on CFCN

Flirting With Disaster

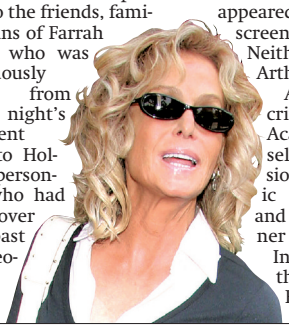
Acclaimed for the adventure "Three Kings," director David O. Russell also earned attention for this offbeat 1996 comedy. Ben Stiller plays a new father who worries his adoptive parents (Mary Tyler Moore, George Segal) by searching for his biological mother and father. A psychiatrist (Tea Leoni) helps him. Patricia Arquette, Alan Alda and Lily Tomlin also appear. 7 PM on BRAVO

For the price of extensions you could feed one of these poor eight children for a year
Kate Gosselin shed her $7,000 US hair extensions on Wednesday, her stylist Ted Gibson told Radaronline. Gibson explains that he'll put Gosselin's extensions back in — featuring new, multiple shades of blonde — on Thursday, usmagazine.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Farrah not forgotten

JUST NOT ENOUGH FILM WORK TO MAKE HER OSCAR-WORTHY It was no oversight. The executive director of the Academy of Motion Picture Arts and Sciences has apologized to the friends, family and fans of Farrah Fawcett, who was conspicuously omitted from Sunday night's Oscar-event tribute to Hollywood personalities who had died over the past year, people.com reports.



While some agents and publicists, as well as actors, were included in the memorial, Fawcett, a high-profile star better known for her TV work (who also appeared on the big screen), was not. Neither was Bea Arthur.

Among those criticizing the Academy for its selective omissions were critic Roger Ebert and Oscar-winner Jane Fonda. In response, the Academy's Bruce Davis, who was responsible for the "in memoriam" segment (and has been since the tradition began in 1993), said late Tuesday: "There's nothing you can say to people, particularly to family members, within a day or two of the show that helps at all. They tend to be surprised and hurt, and we understand that and we're sorry for it."

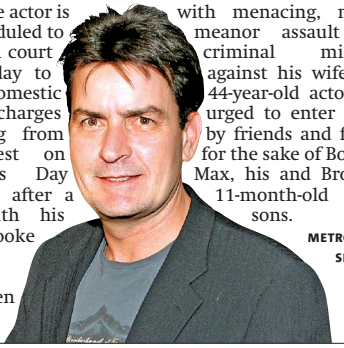
Davis had considered including her, but ultimately felt her "remarkable television work would be more appropriately honoured at the TV Academy's Emmys," which she was.

METRO NEWS SERVICES

Two and half weeks

IN REHAB, LET'S HOPE, MAKE HIM MORE THAN HALF A MAN Charlie Sheen actor is expected to resume filming the comedy show next week, after he completes a stint in rehab for alleged problems with cocaine and alcohol.

The Two and a Half Man actor is expected to leave the facility — which he entered on Feb. 23 — in the coming days and according to his publicist will return to his show by Friday next week. The actor is also scheduled to appear in court on Monday to answer domestic abuse charges stemming from his arrest on Christmas Day last year after a fight with his wife Brooke Mueller.



Sheen has been charged with menacing, misdemeanor assault and criminal mischief against his wife. The 44-year-old actor was urged to enter rehab by friends and family for the sake of Bob and Max, his and Brooke's 11-month-old twin sons.

METRO NEWS SERVICES

Sliding on the pole with her friends

IT'S LIKE THE MODERN EQUIVALENT OF A PILLOW FIGHT Jennifer Aniston is set to hit the U.K. this week to promote her new film, The Bounty Hunter, and she won't be alone.

The former Friends star is reportedly bringing along a body double to act as a decoy so that she can go sightseeing without being hassled, according to the Daily Star.

There's no word on if she'll use that private time to enjoy more of her new favourite hobby, pole-dancing.

"Jen can't get enough of pole-dancing at the moment," a source says.

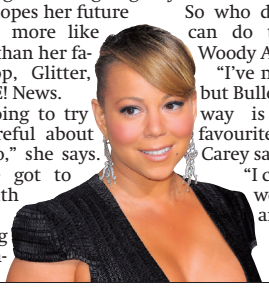
"She loves getting all the girls together so they can all do it together and have a laugh.

"She thinks it's great for fitness and it makes her feel sexy."

METRO WORLD NEWS

Looking for roles in all the right places

GLITTER IS DEAD BUT NOT SOON FORGOTTEN Mariah Carey is looking to keep her acting career going, and she hopes her future films are more like Precious than her famous flop, Glitter, she tells E! News.



"I'm going to try to be careful about what I do," she says.

"You've got to work with people who bring you to another level, and you have to surround yourself with people you can fully give yourself to."

So who does she think can do that for her? Woody Allen.

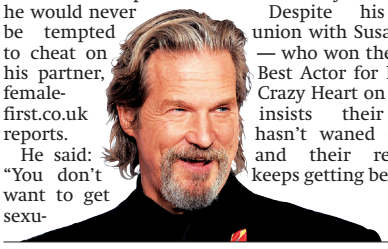
"I've never met him, but Bullets Over Broadway is one of my favourite movies ever," Carey says.

"I can quote every word. I think it's amazing."

METRO WORLD NEWS

Still crazy (in love) after all these years

WE SHOULD ALL BE SO LUCKY Jeff Bridges, 60, who has been married to his wife Susan for 33 years, claims sex can ruin a person and he would never be tempted to cheat on his partner, female-first.co.uk reports.



He said: "You don't want to get sexually involved with the other actor. It spells trouble. My family was and is too precious to me. I know sex can lose you everything."

Despite his lengthy union with Susan, Bridges — who won the Oscar for Best Actor for his role in Crazy Heart on Sunday — insists their passion hasn't waned over time and their relationship keeps getting better.

METRO NEWS SERVICES

Maddox the wonder kid

THIS IS ONE LUCKY LITTLE ORPHAN Brad Pitt and Angelina Jolie have reportedly been bragging to pals about how much of a genius their eldest son Maddox Jolie-Pitt is, according to the Daily Star.

The eight-year-old Jolie adopted from Cambodia before meeting Pitt apparently has a thing for the arts and languages.

"Maddox is amazingly smart and loves books and tinkering with gadgets," a source says.

"He is a gifted painter and sketch artist, takes piano lessons, does well in football and speaks fluent English, French, Spanish and his native Khmer."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

NICK CANNON isn't worried about his career prospects, **DIABLO CODY** is questioning her tastes, **KAT DENNINGS** is already over it, and **ASHTON KUTCHER** is concerned about his appearance.

@NickCannon
If I get fired, I still got like 17 other jobs LOL It's all about the principal of the art! I am a comedian, people need to relax!

@diablocody
Amazon just rec'd Lauren Conrad's LA Candy to me. This is the robot equivalent of a friend from the Midwest screaming "YOU'VE CHANGED!"

@OfficialKat
On a scale of 1-10, please rate how sick you are of being sent the new OK Go video

@aplusk
Time for a hair cut. I'm starting to look like Justin Beiber

METRO NEWS SERVICES

Acting shmackting

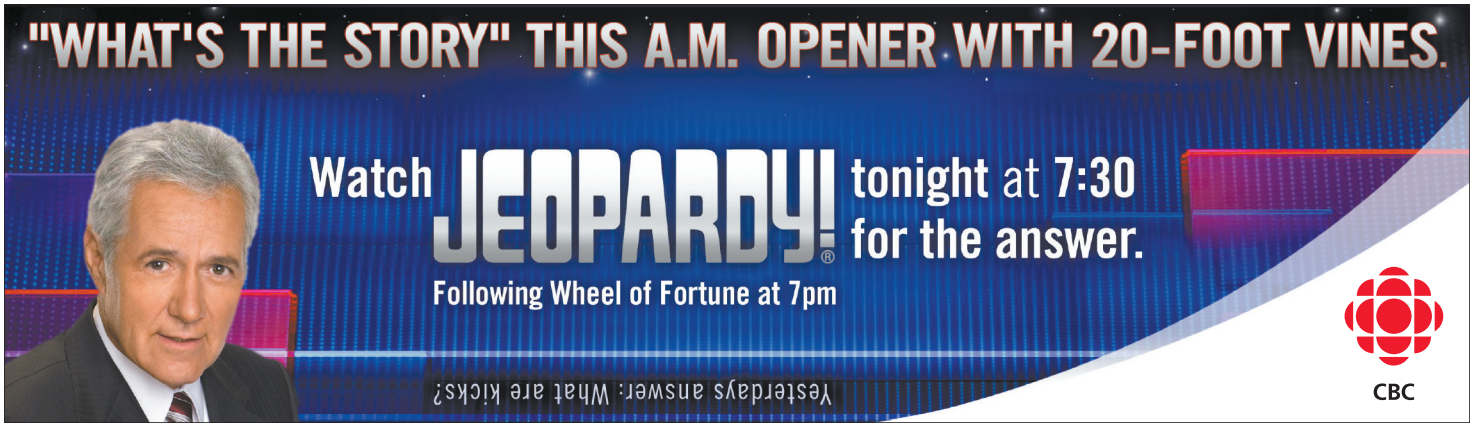
ROCKING OUT IS WHERE IT'S AT Gossip Girl star Taylor Momsen can relate to her troubled character on the hit show.

"Whether she's the bitchy mean girl or the nice girl from Brooklyn, she still never fully finds herself," Momsen tells Parade magazine. "It's been kind of like that for me my whole life."

Luckily, the 16-year-old star has her burgeoning music career to help her feel better.

"Music is where I can be me," she says. "It's what I want to do with my life ... Acting is easy."

METRO WORLD NEWS

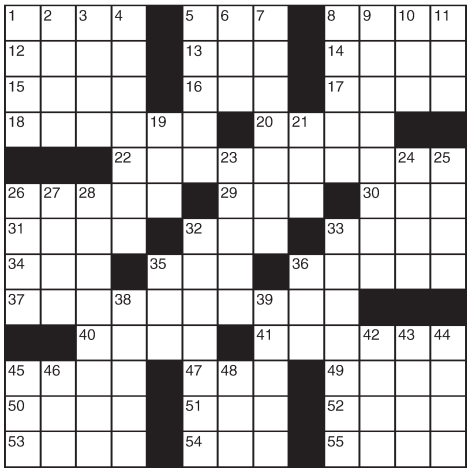


Today Partly cloudy 8 C / -6 C
Friday Partly cloudy 11 C / -3 C
Saturday Sunny 7 C / -1 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4					1	6
	1	7		9	3			
5			8					
2		6	1		8			
	9						7	
			7		9	2		1
					5			4
			6	8		3	9	
3	4					5		

ACROSS

1 Transmit
5 One of the kin
8 Actor Nicolas
12 Mimicry specialist
13 Dove's call
14 Family business abbr.
15 "Arrivederci"
16 Whatever amount
17 Aberdeen resident
18 Move down the computer screen
20 Huge financial loss
22 Hypocritical respect
26 Encrypted
29 Scenery chewer
30 Promise
31 Very dry
32 Noise
33 Part of N.B.
34 Corral
35 Gun the engine
36 Riddle
37 Buyer of canines?
40 Loafer, e.g.
41 Lecture hall
45 Practice pugilism
47 "The Greatest"
49 Approximately
50 Quiz answer
51 Afternoon social
52 Layer
53 Days gone by
54 Despondent
55 Gull's cousin

DOWN

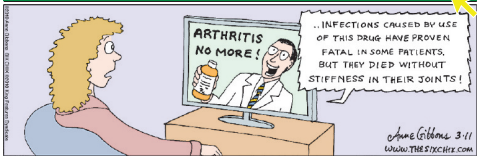
1 Pouches
2 39-Down, e.g.
3 Approach
4 Slobbered
5 Resell for a big profit
6 Charged bit
7 Tofu source
8 Katie Couric's employer
9 Document repository
10 Sticky stuff
11 NYC hrs.
19 Cover
21 Branch
23 Hindu god of destruction
24 Scoop holder
25 Basin accessory
26 P.D. rank
27 Sandwich cookie
28 Barney, for one
32 Triumphs over
33 Refuse to buy
35 Pi follower
36 Use a crowbar
38 A crowd?
39 Trojan War story
42 Pennsylvania port
43 Addict
44 Early time, in verse
45 Pigs' digs
46 Expert
48 Grazing land

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	4	1	7	8	5	9	6	2
5	7	6	2	9	4	8	1	3
2	9	8	3	6	1	4	5	7
1	8	2	5	3	7	6	9	4
9	3	4	1	2	6	5	7	8
7	6	5	8	4	9	3	2	1
4	1	3	6	5	2	7	8	9
8	5	7	9	1	3	2	4	6
6	2	9	4	7	8	1	3	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Easy Pizza Soup

INGREDIENTS:
15 ml (1 tbsp) vegetable oil
500 ml (2 cups) sliced white mushrooms
2 cloves garlic, minced
1 onion, chopped
5 ml (1 tsp) dried Italian herb seasoning
1 sweet red pepper, chopped
1 can pizza sauce
550 ml (2 1/4 cups) water
3 tomatoes, chopped
125 ml (1/2 cup) diced ham
175 ml (3/4 cup) croutons
175 ml (3/4 cup) shredded mozzarella cheese

METHOD:
1. In a large pot, heat oil over medium heat. Stir in mushrooms, garlic, onion and seasoning; cook for 5 minutes or until vegetables are softened.

2. Stir in red pepper, pizza sauce and water; bring to a boil. Stir in tomatoes and ham; reduce heat, cover and simmer for 10 minutes or until flavours have blended. (Make ahead: Let cool, cover and refrigerate for up to 2 days.)

3. Divide croutons among bowls; spoon soup over top. Sprinkle with cheese.

SERVES 4

THE ASSOCIATED PRESS

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Take a risk if you must but make sure you have a fall-back plan if things don't work out the way you hope.

TAURUS ♉
APRIL 21-MAY 21
With Venus, your ruler, squaring up to Pluto power games are likely over the next 24 hours, but you don't have to play them.

GEMINI ♊
MAY 22-JUNE 21
Today's challenging aspects will remind you that you cannot possibly do everything yourself – nor should you want to.

CANCER ♋
JUNE 22-JULY 22
If you have encroached on someone's territory you must accept the fact that you are in the wrong and make amends quickly.

LEO ♌
JULY 23-AUG 23
Do you wait to see how a situation develops or do you act and try to head off a potential disaster? Only you can decide.

VIRGO ♍
AUG 24-SEPT 22
No matter how much it pays, if your heart is not in the job you are advised to give it a miss.

LIBRA ♎
SEPT 23-OCT 23
With Venus at right angles to power planet Pluto today disputes of one sort or another are more likely or not.

SCORPIO ♏
OCT 24-NOV 22
If a friend or colleague tells you something in confidence today you must not immediately tell everyone else about it.

SAGITTARIUS ♐
NOV 23-DEC 21
With Mars on your side you won't hesitate to take the fight to the enemy. Who might that be? Anyone who challenges your right to act independently.

CAPRICORN ♑
DEC 22-JAN 20
Pluto in your sign makes you somewhat pugnacious, so take care you don't say or do things that upset the people who mean the most to you.

AQUARIUS ♒
JAN 21-FEB 18
Don't try to be someone you have no need to be. It's okay to have role models but it's not okay to imitate them in every way.

PISCES ♓
FEB 19-MARCH 20
Dig around in areas that some people say are too weird to be taken seriously.

HAND KNIT IN BOLIVIA
MINKHA
Minkha Sweater Show & Sale
Cotton and Alpaca
Saturday, March 13, 2010 · 10am to 4pm
Varsity Community Hall · 4303 Varsity Drive NW, Calgary
www.minkhasweaters.com
Shop with a social conscience! Non-profit, indigenous micro-industry.
Save the Children Canada

CANADA OLYMPIC PARK
ski & snowboard PROGRAMS
YOUTH Ages 6-12 • 13-15 | FROM $50
CANADA OLYMPIC PARK
WINSPORT CANADA
403.247.5452
www.winsportcanada.ca

"I LOVE THIS PAPER"
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
Available on the App Store
metronews.ca

Introducing 16 apps that need no introduction.

Nike Master Control
Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face
Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris
Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

eBay
Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank
Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook
Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW
Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN
Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.

It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face.
There are over 140,000 apps for just about anything, only on the iPhone.

Bell | iPhone 3G S

©2010 Apple Inc. All rights reserved. 1-800-MY-APPLE or www.apple.ca. Some applications are not available in all areas. Application availability and pricing are subject to change.